



FIERCE WEDNESDAYS

Hey FIERCE Mama,

Welcome to the FIERCE Wednesdays newsletter, where I provide weekly tips and stories to help burned-out moms find purpose and love life. I do this every other week through my FIERCE methodology, which you can read in four minutes or less. Each tip/story will fall into one of my six-step FIERCE methodology steps. Click [here](#) to learn more about the FIERCE methodology.

Can you think of someone who could benefit from these positive weekly words of encouragement? Please forward this email.

In the beautiful chaos of motherhood, amidst the endless tasks and heartwarming moments, lies a uniquely yours path. It's easy to feel overwhelmed, burned out, and stuck, wondering where to begin and if you can ever find your stride again.

Your "assignment" is that calling or passion that makes you light up. It brings value to others while fulfilling a deep sense of purpose within you. Recognizing that this can evolve through different seasons of life is vital. What ignited your passion before motherhood may transform post-children—and that's okay!

As mothers, we often prioritize the needs and dreams of our family, inadvertently placing our aspirations on the back burner. Yet, rediscovering and nurturing our passions and strengths can significantly enhance our well-being and empower us to lead by example, showing our children the value of pursuing one's dreams.

Every journey begins with a single step; the first step on this path is uncovering your true calling. But how?

Here are some ways to help you identify what resonates with you, including recognizing the challenges holding you back.

1. Reflect on Joy

Start by recalling moments when you felt truly alive and absorbed in your work. These moments can provide powerful insights into your passions.

List Joyful Activities: Create a list of activities that bring you joy. This could range from creative pursuits like painting or writing to physical activities like hiking or running. Don't limit yourself—include anything that makes your heart sing.

Notice Patterns: Look for patterns in your list. Do these activities have a common theme? Perhaps they involve helping others, being creative, or solving problems. Identifying these patterns can help you pinpoint your underlying passions.

2. Assess Your Strengths

Understanding your strengths is just as crucial as recognizing your passions. Your strengths are the tools that will help you pursue your passions effectively.

Strengths Finder Tests: Consider taking a strengths-finder test, such as [Gallup's CliftonStrengths](#) or [VIA Character Strengths](#). These assessments can provide structured insight into your unique talents and abilities.

Feedback from Loved Ones: Ask friends and family what they think you're good at. Often, others can see strengths in us that we might overlook ourselves.

3. Identifying What Troubles You

Identifying what troubles you or what challenges you wish to solve in the world can also reveal your passions. This is crucial because it connects your inner drive with your outer purpose, creating a powerful motivation to act.

Reflect on Issues That Matter: What global or community issues tug at your heart? It could be anything from environmental conservation to education reform. Your assignment might lie in addressing these challenges.

Personal Challenges: Consider personal obstacles you've faced. Overcoming specific challenges can ignite a passion for helping others facing similar situations.

Bringing It All Together

Once you've spent time reflecting on these areas, look for intersections. Your genuine passion likely lies at the crossroads of what brings you joy, what you're good at, and the challenges you're moved to address. This sweet spot is where you can find the most fulfillment and impact.

Remember, this process is about exploration, reflection, and allowing yourself the space and grace to discover the multifaceted dimensions of your passions and strengths. As you embark on this journey, be patient with yourself and stay open to the possibilities that unfold. Your assignment reflects your evolving journey as a person and a mother, and it's never too late to pursue what lights your fire.

Next week, we will explore how to balance motherhood with your dreams, providing practical tips and strategies to effectively manage your time and resources. Stay tuned, and remember, we're here to support you every step of the way.

Stay FIERCE and relentless in your pursuit of greatness!

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Was this email forwarded to you? [Sign up](#) to receive your weekly dose of encouragement and motivation in your inbox.

Was this email beneficial? Please reply and let me know. I read every email.

QUOTE OF THE DAY

"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive." - Howard Thurman.

Whenever you're ready, there are two ways I can help you:

1. The FIERCE Catch Fire Kit - The kit is [available](#)! What if you could be the mother your family needs without putting your dreams on the back burner? Your goals still matter; going after them is possible without neglecting your family. I'll show you how. Your purchase makes a difference! 15% of all bundle proceeds go toward my non-profit project helping vulnerable children in Nigeria. Click [here](#) to learn more.

2. If you would like a more customized and personalized approach, it would be my absolute pleasure to work with you 1:1. Reply to this email or [book a call](#) and let's [chat](#).



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