



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.

I hope you had a lovely Easter with loved ones. I have been in the United Kingdom and Spain this Easter period; it has been an amazing, refreshing time. Every moment was filled with joy and love, from evening walks to laughter-filled gatherings. It also reminded me of mothers' beautiful purpose and assignment in nurturing family bonds and creating cherished memories.

Are you feeling the heavy weight of unchased dreams and unmet goals amidst the whirlwind of motherhood? You're not alone. Many of us juggle the relentless demands of parenting with the burning desire to pursue our aspirations. Feeling overwhelmed, stuck, and on the brink of burnout is easy. But there's a secret weapon that can turn the tide: consistency.

It's time to shift our focus from the majestic to the granular. We often dream big but forget that the small, consistent steps pave the way to greatness. Remember, we might overestimate what we can achieve in a year but vastly underestimate what ten years of steady, small efforts can bring.

Just as every drop of water contributes to the ocean's vastness, every little action you take is a step toward your dreams. It's about showing up, day after day, even when the progress seems invisible. Whether waking up 15 minutes earlier to journal, learning a new skill bit by bit each day, or setting aside time weekly to plan your next steps, these tiny droplets of effort accumulate into the mighty ocean of your achievements.

Consistency wins because it builds momentum. Each step forward propels you to the next, making tasks less daunting and goals more attainable. Doing something regularly turns effort into a habit, making it easier to continue progressing towards your goals.

The consistent, repeated steps will carry you through to your destination. So, let's embrace the power of consistency together. Start small, but most importantly, start. And keep going. The world needs you more than ever, Mama.

Stay FIERCE and relentless in your pursuit of significance!

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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

"Success is the sum of small efforts, repeated day in and day out." - Robert Collier.

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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