



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.

Over the weekend, I celebrated my 22nd wedding anniversary. Time flies. It's like one moment you're saying, "I do," and the next, you're two decades deep into this adventure. The journey with my husband got me thinking about the people who have been with me through thick and thin. The celebration is a reminder that behind every success story, relationship plays a crucial role in our personal and professional lives.

The journey of life is shared with spouses, mentors, friends, family, and colleagues who provide guidance, support, and companionship. Developing new relationships and nurturing existing ones are vital steps in building a strong support system.

I am asking myself, who in my circle do I want to get closer to or maybe give a little more love to? Honestly, nobody ever gets to the top of their game alone.

Our lives are a crazy, beautiful mix of highs and lows, and it's the people we share them with who make the ride worth it. Whether it's your spouse, your family, your close circle of friends, your prayer partners, or that mentor who always knows what to say, these are the people who catch us when we stumble and cheer us on when we're crushing it.

This week, I share two ways of developing new relationships and two ways of nurturing and developing existing relationships.

Developing New Relationships

1. Try Something New: Have you ever considered picking up a new hobby or joining a club? It's a great way to form new relationships. From art classes to book clubs, there's a whole world out there full of people just waiting to meet someone like you.

2. Be Open and Authentic: When you're meeting new people, being genuine and open fosters a connection that can grow into a meaningful relationship. Sharing your true stories, dreams, and even those quirky bits builds real connections. It's all about being genuine and finding those genuine vibes in return.

Nurturing Existing Relationships

1. Quality Time: Life's busy—we get it. But carving out time to chill with your people is priceless. It's not just about the quantity of time spent together but the quality. Deep talks, belly laughs, or even shared silences – that's the good stuff that can strengthen bonds and deepen understanding.

2. Show Appreciation: Sometimes, all it takes to nurture a relationship is to show appreciation. A simple thank you, a thoughtful gesture, or just a text saying you're thinking of them – it's about letting them know they're a big deal in your world.

So, as we keep sprinting through this crazy life race, let us take a moment to reflect on the relationships that have shaped us, supported us, and encouraged us to grow. It's never too late to build new connections, or strengthen existing ones and show love to someone who's always been there. Because, at the end of the day, it's the people we share our journey with who make all the difference.

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

"Walking with a friend in the dark is better than walking alone in the light." - Helen Keller

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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