



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 live in the woods, surrounded by trees and nature. It is peaceful, but with the environment comes the challenges of dealing with wildlife. Yesterday, I saw a large black snake outside my front door. We have had to deal with raccoons, bats, foxes, field mice, and, like yesterday, snakes. As a result, we employ the regular services of professionals to ensure that our home is protected.

It started me thinking about how similar it can be to our experiences as mothers trying to build a beautiful home while constantly fighting off the storm. It can be hard to juggle our dreams with the daily demands of motherhood.

In the same way we work to keep our homes protected from wildlife and other dangers, it is important that we stay protected and on solid ground.

Today, I am discussing the importance of a solid foundation. Before we even think about reaching for the stars, we need to consider the ground we stand on—our foundation.

The Cost of a Wounded Foundation

You and I both know that no matter how talented or driven we are if our soul is troubled, we won't get very far. Just like the Bible says, "If the foundations are destroyed, what can the righteous do?" (Psalm 11:3). It makes you think, doesn't it? If our base isn't solid, everything we try to build might crumble. Healing is not just beneficial; healing is necessary for us to move forward and truly flourish.

The House Built on the Rock: A Parable for Our Lives

Jesus spoke of two men who built their houses, one on sand and the other on rock. When storms came, only the house on the rock stood firm (Matthew 7:24-27). This parable teaches us the importance of building our lives on something solid and reliable. This means creating a resilient foundation in our hearts and minds, capable of withstanding life's challenges.

So, how do we ensure our foundation can withstand whatever life throws our way? Here are three steps we can take to maintain/build a strong foundation, or heal a foundation that has been hurt or wounded:

Professional Guidance

Talking to a therapist or counselor isn't a sign of weakness; it's a step towards strength. Professionals can help us work through things that might be holding us back, things we might not even realize are there.

Foster Spiritual Growth:

Spiritual practices such as prayer, reflection, and scripture study can be incredibly grounding. They connect us with our faith and provide the strength to face what comes our way. Regularly set aside time for these practices, making them the bedrock of your daily routine.

Community Support:

Having a supportive circle isn't just nice to have; it's essential. Whether it's family, friends, a [mentor or coach](#), church, or an online community, these networks remind us we're not alone. They're our cheerleaders, our sounding boards, and sometimes, our lifelines.

You Are Not Alone

To all the visionary mothers out there feeling overwhelmed, burned out, or stuck—remember that building and maintaining a healthy foundation is not a journey you must undertake alone. There is strength in [seeking help](#), nurturing your spirit, and in fostering strong, supportive relationships.

Take a moment to think about your own foundation. Maybe it is strong, or maybe it feels a bit cracked or worn down.

Today, let's promise each other to keep working on a solid foundation. Because when the foundation is strong, the sky's the limit.

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

"It is not the beauty of a building you should look at; its the construction of the foundation that will stand the test of time."
- David Allen Coe

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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