



## 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.

Last week, I was chatting with someone getting back into the work groove after having kids, and it struck a chord. She felt like she was in a rut, watching everyone else climb the career ladder while on pause.

It reminded me of when I felt stuck, like nothing was changing. And it hit me—this is a pretty familiar feeling among mothers.

We all understand that raising kids is the most important job, but it's easy to feel like we've sidelined our other ambitions. But here's something I've learned: that's not the case. Being a mother is a massive part of who we are and what we contribute to the world. And honestly, what's more impactful than shaping the future through our children? Celebrating motherhood isn't just lovely; it's necessary because nurturing the next generation is the ultimate success.

You may know what it feels like to be stuck. It feels like the whole world is moving on without you, and you're just sitting there, watching life pass you by. Are you starting to feel like every day is a "copy and paste" of yesterday?

We all go through this sometimes, and it is a signal that maybe it's time to find a new direction.

The best way to shake things up and start on the journey to becoming unstuck is to revisit the basics and apply those.

## **1. Find What Lights Your Fire**

Think about what used to make your eyes sparkle. Was it strumming the guitar, crafting, or long walks in the park? Reconnect with these joys, even if it's just for a moment each day. It's not about significant commitments; it's about small moments that reignite your spark and make the days feel a bit brighter.

## **2. Sketch Out A Plan**

Looking for a change but feeling overwhelmed by where to begin? Grab a journal and start mapping it out. Break your ambitions into achievable steps. What's one thing you can accomplish today? How about this week? Or this month? Visualizing your goals as

manageable tasks can transform overwhelming mountains into walkable hills.

### **3. Small Steps, Big Leaps**

Massive changes don't require giant leaps. Start with tiny, manageable steps and celebrate each step. Did you choose to read a book instead of scrolling through your phone? That's a win! Every small success is a stepping stone towards more significant achievements, and before you know it, you'll look back amazed at how far you've come.

Remember, being stuck is temporary. With a bit of effort and a plan, you'll find your way forward again. Celebrate where you are and take one step forward today, no matter how small.

You are amazing. I see you becoming unstuck and rediscovering the vibrant, dynamic life you deserve, and I am here for it.

Stay FIERCE and relentless in your pursuit of significance!

Ugochi

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 always seems impossible until it's done."** - Nelson Mandela.

**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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