



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.

Have things been overwhelming lately? Balancing motherhood, work/business/ministry, and everything else is no joke. But I've been thinking about something I wanted to share with you this

week: the importance of self-development, investing in ourselves, and continuous learning.

This past weekend, I was reminded that nurturing is defined as ***“care for and encourage the growth or development of.”***

As mothers dedicated to nurturing our families and fulfilling our own life assignments, we often find ourselves walking a tightrope between feeling fulfilled and overwhelmingly exhausted. Balancing the daily demands of motherhood with the call to grow and develop personally is no small feat.

This week is a call to nurture ourselves intentionally. Self-development is self-nurture. It's easy to feel stuck or burned out. You might even think that investing in yourself is a luxury you can't afford in terms of time and energy. But I'm here to remind you, dear Mama, that taking time for your development is not just beneficial; it's essential.

Self-development isn't just another item on our to-do list. It can genuinely transform our lives. Proverbs 4:7 says, "Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding." Growing in wisdom and understanding helps us be better mothers, wives, and individuals equipped to serve our families and fulfill our God-given purpose. Self-development is a powerful tool. It sharpens our minds, enriches our spirits, and opens doors to new possibilities. It helps us grow stronger in our faith and more confident in our roles. But how can we, as busy moms, find time to dedicate to this vital aspect of our lives?

Here are three ways I've found helpful to stay on the path of self-development, even with crazy schedules:

1. Integrate Learning into Daily Tasks

It might sound simplistic, but integrating small learning moments into your daily routine can make a considerable impact. Listen to an audiobook or a podcast while doing the dishes or driving the kids to

school. These moments add up, turning otherwise routine tasks into opportunities for growth.

2. Set Aside 'Me' Time

This might be early in the morning, during nap times, or late at night when the house has quieted down. Use this time intentionally to read, pray, meditate, or engage in an online course. Even 15 to 30 minutes can make a difference. Remember, it's not about finding more time; it's about utilizing the pockets of time you already have more effectively.

3. Join or Start a Learning Group

Most times, the journey is easier when you don't walk alone. Join or start a group of like-minded mothers who are committed to personal growth. This could be a book club, a Bible study group, or an online forum. Sharing insights and experiences can multiply the benefits of what you learn, and accountability can keep you motivated.

We Can Do This Together

Yes, it's tough sometimes. The fatigue is real, and the hours in the day often seem too few. But we are capable of rising, learning, and growing. We are not just raising our children or guiding them if they are grown; we are raising ourselves through every challenge and triumph.

So, what do you think? How about we commit to small steps toward our growth this week? Let's keep each other accountable and share our progress.

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

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

"Your life does not get better by chance, it gets better by change." – Jim Rohn.

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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