



FIERCE WEDNESDAYS

Hey FIERCE Mama,

Welcome to the FIERCE Wednesdays newsletter, where I provide weekly tips and stories to help visionary moms fulfill their 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.

I've been thinking a lot about how life sometimes feels like a long road trip. Imagine you're driving from Washington DC to Atlanta, and suddenly, you run out of gas in South Carolina. Sure, it's a setback, but it doesn't mean South Carolina is your new

destination, right? You would find a gas station, refuel, and get back on the road to Atlanta. It's the same with our lives, especially as moms. We set these big, beautiful goals for ourselves and our families, but sometimes, we just run out of steam before we get there.

It's so easy to feel like maybe we should just settle for where we end up when we're tired. But that's not the answer, is it? We have places to go and assignments to fulfill. We just need to refuel and keep going.

It doesn't mean our dreams and goals must change when we feel depleted. It means we must find our way to a 'gas station.'

So, what's your gas station? It could be a quiet afternoon with a book, a long walk, or even coffee chats that help you recharge. And, just like how cars need **regular check-ups** to run smoothly, we need to check in with ourselves. Ensuring we're not running on empty should be part of our routine.

When things get tough, asking for help is okay, like asking for directions when lost. There's no harm in reaching out, whether to friends, family, or even a **coach** who can help us get back on track.

Once we're refueled, we can keep moving toward our goal, feeling more prepared for the road ahead. Every pause, every moment we take to recharge, is part of the journey. It makes us stronger and more equipped for what's coming next.

So to summarize, here are three simple things we can do when we feel like we're running on empty:

1. Make Time for Yourself

Taking time out for ourselves isn't selfish; it's necessary. Consider how a short walk or a quiet moment with a book can change our perspective. It's like taking a deep breath—it resets and refreshes us to keep going. We need those little breaks to be the best for our family.

2. Look for Fresh Inspiration

There's nothing like finding something that lights a fire under you, right? Whether it's a podcast that speaks to your soul, a seminar, or just connecting with other moms who get it, sharing our struggles and victories reminds us we're not alone on this journey. It's like finding an unexpected scenic spot on a road trip—it makes the drive worth it.

3. Ask for Help

This one's big. Sometimes, we think we must do it alone, but why should we? Handing off some responsibilities, whether it's at home or outside, can make such a difference. Think of it as carpooling on your road trip. It's more fun; you rest while someone else takes the wheel.

Every mother hits a rough patch where the tank is empty. It doesn't mean you're off track or should settle for the status quo — it just means it's time to refuel. You still have places to go, and you'll get there. Just ensure you're taking care of yourself as you care for everyone else.

Stay FIERCE and relentless in your pursuit of significance!

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QUOTE OF THE DAY

"When you get into a tight place, and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn." – Harriet Beecher Stowe.

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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