



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 weekly 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.

Isn't it wonderful to finally feel the sun's warmth again and see everything blooming? Summer is here, and I love seeing all the vibrant colors and the packed weekend calendars with graduations. It's that special time of year when we can enjoy the longer days,

dress up in those cute summer outfits, and “occasionally” indulge in all the refreshing beverages—iced lattes; anyone?

I am sitting here thinking about all the cookouts, picnics, and beach days ahead of us. It's a beautiful opportunity to create lasting memories with our families, but it's easy to feel excited and overwhelmed. With the kids out of school and our calendars bursting with swim team meets, summer camps, and family vacations, how do we keep it all together and still find time for ourselves to grow and connect?

Here are a few tips that I have found to be very helpful:

Weekly Planning Sessions - Let's consider making a game plan. From my experience of many summers, I've found that a little structure can help manage the busyness of summer. Why not start with a weekly planning session? I like to do mine on Sunday nights. It's a great way to get the kids involved so they feel part of the plan and know what to expect. Even with older children, it helps to understand their plans with friends so you can map them out on the calendar.

Color Coded Calendars - Speaking of a calendar - don't underestimate the power of a color-coded calendar. Create one that uses different colors for each type of activity—it's a lifesaver!

Clear Boundaries - It's also okay to say no sometimes. We don't have to sign up for every single activity. Picking and choosing what matters to us can help keep the summer enjoyable rather than just busy.

Finding Time for You - Just 15 minutes in the morning with a book or a quiet walk can make a huge difference in how the rest of the day goes. It's like giving yourself a little gift before the day starts. Weekly reflections can also be very helpful. Just taking a moment at the end of the week to think back over what went well and what didn't can be grounding.

Making the Most of Family Time - As important as structure is during a busy summer, it is also important to leave room for

spontaneous moments. An unplanned evening walk or a surprise trip to the ice cream shop can be just as precious as anything else in our planners. Volunteering as a family can be rewarding. It's a great way to do something meaningful together and help the kids learn about giving back.

So, as we think about all the sunny days ahead, let's plan for a summer that's not just busy but full of moments that create lasting memories and bring us closer as families.

Here's to a summer to remember filled with joy, growth, and sunshine!

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.

QUOTE OF THE DAY

"In summer, the song sings itself." - William Carlos Williams

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](#).



UGOCHI ONYEWU

AUTHOR • SPEAKER • THOUGHT LEADER

301.327.4485    



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8720 Georgia Ave, Silver Spring
United States of America

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