



## 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.

Tomorrow is Independence Day in the United States. [Wikipedia](#) explains that Independence Day, known colloquially as the Fourth of July, is a federal holiday in the United States commemorating the Declaration of Independence, ratified by the Second Continental Congress on July 4, 1776, establishing the United States of America.

The 4th of July is a celebration marked by community gatherings and festive fireworks. It's an essential time to reflect on the spirit of freedom and connection—values deeply rooted in the United States' history. For my dear Mamas in the U.S., I hope you have a fantastic day of celebration with family and friends filled with laughter and memories.

Independence Day is one day of celebration; however, the daily journey of a visionary mother working to leave a significant impact can often feel solitary and overwhelming.

### **The Quiet Power of Motherhood**

Raising the next generation while aiming to fulfill our personal and professional aspirations is no small feat. Much like the countless stories behind the United States' independence, much of the work is done behind the scenes. It's in the gentle reassurances you give, the late nights, the early mornings, and the countless sacrifices that go unnoticed. Every day, we do the quiet, essential work of raising our children and pushing towards our dreams. It's work rarely applauded because it's not always seen—it happens in the comforting words we whisper at bedtime, the patience in the chaos of a morning routine, or the prayers we offer for our family's safety and happiness.

This work is crucial, beautiful, and often, it's lonely.

During these quiet moments, I've often felt a sense of isolation. Maybe you've felt it too—the weight of responsibility that seems to rest on your shoulders. What has helped me immensely through these times is my Christian faith and the comforting words of Scripture. They remind me that we are never truly alone.

### **A Few Tips for The Journey**

This Independence Day, I'm reminded of a different kind of freedom—the freedom to choose our community, to share our journey, and to lean on each other. Here's how I'm learning to embrace this freedom and find joy in the journey:

- 1. Cherish Your Story** - Sometimes, I write down the things I've done, big and small, and see how far I've come. It's a simple act, but it helps me see

how my love and labor have impacted my family.

**2. Reach Out** - I've found such warmth in the company of other mothers who understand the highs and lows of this journey. Connecting with others has been a lifeline, whether through church groups, local meetups, or online forums. If you ever feel overwhelmed, know [I'm here](#), and so are many others walking this path with you.

**3. Embrace Quiet Moments** - Independence means allowing ourselves moments of rest and reflection. For me, it's often in these quiet times that I feel closest to God. Whether through prayer, bible study, or just sitting with a cup of tea, these moments are vital.

**4. Celebrate the Small Things** - Find ways to celebrate each day. Buy yourself flowers, light a candle with a fragrance you love, or soak in a bathtub for twenty minutes if you have the time. Learn to be your cheerleader.

Every step we take in this journey of motherhood and life is significant—even those taken in solitude. Thank you for being part of my journey and letting me be part of yours.

I celebrate you, dear visionary mama, and would love to be a part of your journey and [support you](#).

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

**"Without great solitude, no serious work is possible."** - Pablo Picasso.

**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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