



FIERCE
wednesday



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.

We are almost in the “back-to-school” season, if you can believe it. Summer does not end until September 20th, but the kids are getting ready to return to school in a few weeks.

This week, I am discussing the end of relationships with acquaintances or jobs that no longer serve us.

As visionary mothers, our lives are about thriving, reaching our full potential, and living out the purpose placed on our hearts. But sometimes, some relationships that once felt nourishing and supportive begin to feel like they're holding us back.

I have been blessed with family and a few close friends who have become more like sisters. These are my "2 AM crisis" crew, and I am grateful that my circle is intact. I also have a strong network of supportive people and colleagues, and I am sure that is the same for you. What I am referring to are other people with whom we may interact but need to evaluate their role in our lives.

Maybe the conversations aren't as uplifting, or we feel drained after spending time with certain people. It's a painful realization, especially when these are relationships with people we care about. It could even be a job role that we have outgrown. What used to be fulfilling and challenging now seems like a repetitive chore and a means to pay bills.

There comes a point when we must ask ourselves: Is staying in this relationship/role honoring who I am becoming?

When we talk about leaving the table, we're not talking about abandoning people on a whim. It's about recognizing when respect, mutual support, and alignment have left the room. This isn't about placing blame. It's about acknowledging that, as we grow, not everyone will grow with us. And that's okay. It doesn't make anyone wrong or bad; it just means we are on different paths now.

But letting go can be difficult, especially when these relationships have been a significant part of our lives. We might feel a deep sense of loss, grieving for what was. It's important to honor those feelings but also recognize that moving forward sometimes requires releasing what no longer fits the journey.

Holding onto relationships that no longer align with our values or vision can keep us stuck. It can create internal conflict as we try to reconcile who we're becoming with the expectations of who we've been. This tension can drain energy and make it harder to step into the next season of life.

Here are three quick tips to navigate this difficult but necessary process:

1. Evaluate the Impact: Consider how the relationships in your life affect your emotional and mental well-being. Reflect on whether they're supporting your growth or holding you back.

2. Set Boundaries: Protect your peace by establishing boundaries that allow you to focus on your goals without completely severing ties. Remember, if it's relationships with people, it's not that they are wrong, so it's okay to have boundaries without severing ties. If it's a job, remembering how you leave a role is critical to maintaining good relationships. You never know where those relationships might lead in the future.

3. Lean into New Relationships: Connect with others who uplift you. Join communities, find a mentor, or develop connections with people who understand and share your vision.

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!

Ugochi

Was this email forwarded to you? [Sign up](#) to receive your weekly dose of encouragement and motivation in your inbox.

QUOTE OF THE DAY

"Letting go means to come to the realization that some people are a part of your history, but not a part of your destiny." - Steve Maraboli.

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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