



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.

This week, I am revisiting self-affirmation and one of my favorite components of the FIERCE methodology, **"I AM."**

Sometimes, it's easy to feel invisible. As mothers, we strive every day to build a lasting legacy for our children, and often, we feel that our efforts go unnoticed.

This past weekend, I encountered what I can only describe as a "God loves me moment." It was a vivid reminder that, in a world of over 8 billion people, God sees each of us — not as a face in the crowd, but as if we are the only ones. This moment was a personal touch from God, which showed me that I am seen, known, and deeply loved.

Here is a story from the Bible that may resonate. It's the story of Hagar, a woman who may have felt as invisible and forgotten as we may sometimes do. In the Bible, Hagar was an Egyptian maidservant of Sarah, Abraham's wife. Sarah, unable to conceive a child, offered Hagar to Abraham as a surrogate. Things did not go so well after Hagar became pregnant, and Sarah's mistreatment of Hagar caused her to flee into the desert. She found herself alone and afraid. She had an encounter that made her realize that God had seen her plight, and it is here that God is first named in the bible. Hagar calls God Jehovah El Roi, "The God who sees me."

Motherhood, while often underappreciated, is pivotal in shaping tomorrow. Each day, we sow seeds into our children's lives, seeds that will grow into trees under whose shade we may never sit. Understanding our worth and the significance of our role is vital.

Take a moment to reflect on the following factual statements:

- **I AM Seen:** Just like Hagar, remind yourself that you are always in the sight of God.
- **I AM Important:** Every effort you make and sacrifice builds a foundation for generations. You are the cornerstone of your family.
- **I AM Loved:** There is divine love that cherishes you deeply, recognizing your every struggle and triumph.

If you want to take this further, I invite you to join me in a powerful exercise. I encourage you to find a peaceful corner and take out your journal. It's time to write down 20 amazing things about yourself. This exercise isn't just about feeling good; it's about recognizing and affirming the incredible person you are.

You might start with affirmations like these:

- **I AM Resilient:** Every challenge has only made me stronger.
- **I AM Brave:** I face each day's uncertainties with courage.
- **I AM Loved:** Deeply cherished, more than I sometimes realize.
- **I AM Beautiful:** My spirit and kindness light up the room.
- **I AM a Daughter of the King:** Destined for great things, cherished by the divine.

If you are comfortable with it, I would love to hear some of your affirmations. Reply to this email, or let's have [virtual tea](#).

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

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:14 (NIV)

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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