



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, let's dive deep into something we deal with every day but may not always consider carefully—the power of our words. How we talk to our children, partners, and friends, and, not to forget, shapes our world more than we might think. Choosing the right words in every situation is a journey I am on, and I think I will

be on for as long as I am alive. It is challenging, especially in our world, where constant sources of frustration and triggers make us want to respond and “let people know.”

Speak with Grace and Purpose

“Let your speech always be with grace, seasoned with salt...” (Colossians 4:6). This advice isn't just poetic; it's practical. It means choosing kind and thoughtful words that improve the moment rather than escalate tensions. Whether calming a hectic morning or discussing a sensitive issue with a friend, how you say something can be just as important as what you say.

Build Up, Don't Tear Down

It's easy to let slip words we might later regret in moments of stress or disappointment. Ephesians 4:29 tells us, “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up...” Think of your words as tools to build rather than weapons to wound. Before speaking, ask yourself if your words lift or push the listener down.

Understand Your Motives

Often, we speak out of hurt or anger. Taking a moment to reflect on why we want to say something can shift our perspective. Is the purpose to share pain or to find a solution? This reflection can stop us from saying things we might regret in haste.

It's crucial to assess our motives before speaking out, especially in haste or under stress. Sometimes, the urge to “let someone know” stems from a place of hurt or anger rather than from a desire to resolve an issue constructively. Reflecting on why we want to say something can help us decide if it's better left unsaid or if we need to express it differently.

The Words We Speak to Ourselves

Just as important as how we communicate with others is how we talk to ourselves. The dialogue within can be a powerful force for good or a destructive echo of doubt and criticism. Replace harsh self-criticism with affirmations that encourage and empower. Remember, how we speak to ourselves influences how we view our capabilities and worth.

So, what are some things we can practice daily to develop our ability to speak gracefully even under extreme stress when the temptation to blurt something out in frustration is acute?

1. Quiet Reflection: Spend a few minutes daily in silent reflection. Reflection can help calm the mind and give us better control over our reactions, particularly in stressful situations.

2. Becoming Intentional: Start the day by deciding to focus on the words we speak. When we walk around with this consciousness, we will find that we don't speak as often since it's not necessary to provide an opinion on everything. This intentionality will set a positive tone and remind us of our values, especially when tested.

3. Seek Perspective: Sometimes, stepping back and viewing a situation from another angle can help soften our responses. Ask yourself, "What would someone I admire say in this situation?" or "How will this matter a year from now?" Years ago, the WWJD (What would Jesus do?) trend was everywhere with bracelets and t-shirts with the slogan. As a Christian woman who follows the teachings of Jesus, I find this slogan essential, and it is not just a trend. It helps me look at things from the Bible's perspective and Jesus' teachings.

Our daily interactions are opportunities to reinforce the positive environment we want for ourselves and our families. Even a small word of encouragement or pausing before responding can make a big difference.

As we think about the words we choose, let's remember their power to shape our home's atmosphere, our loved one's self-esteem, and, just as importantly, our own. Let's strive to fill our homes and environments with words that uplift and empower.

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

"Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift." Ephesians 4:29-32 The Message Translation

"Words matter. And the words that matter most are the ones you say to yourself." David Taylor-Klaus

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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