

Unleash The Diva In You!

DIVATUDE

Exactly what is it?

DIVATUDE is an ATTITUDE

A way of carrying yourself

A focus on being:

DRIVEN

INSPIRING

VICTORIOUS

Called to **A**CTION

It starts from within and
manifests itself in the
awesomeness that is **YOU!**

Divas With A Purpose
EMBRACE THE DIVATUDE!

By:

Michelle D. Garrett

Divas With A Purpose

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Thank you for connecting with Divas With A Purpose!

This website is focused on motivating, inspiring and empowering YOU!

We share articles related to personal growth, entrepreneurship, building stronger families, personal finance, friendship and self-love.

Our growing list of Empowerment Tools are free and affordable resources to help you on your journey of life.

This free ebook includes:

- ~ our definition of a true Diva
- ~ questions to ponder on your journey to being a Diva With A Purpose
- ~ a reminder that we all should strive to have Inside Out Beauty
- ~ S.M.A.R.T. Goals 101: the start of your journey to being action-based Divas

#EmbraceTheDivatude

Michelle

Unleash the Diva In You!

Exactly what is a diva? For different people it brings up different connotations – positive and not-so-positive.

For me, being a diva is not about dressing in the newest styles or being flashy or sassy. For me being a diva has nothing to do with my external appearances. My “divatude” is an attitude. A way of living, thinking and being.

Driven.

My divatude starts with me being strongly motivated to succeed in my personal, professional, and spiritual endeavors. To want to be better than I was the day before. To learn from and build upon the mistakes I’ve made in my past. To be a role-model for those around me by sharing my experiences and knowledge when possible.

Inspired.

To be inspired is to become passionate about something. To truly care about a group, an ideal, a cause, etc. Helping and empowering others is what inspires me. I am who I am because someone cared enough to sprinkle wisdom and love on me - many times not even realizing they were offering me a life line.

Victorious.

I don’t claim defeat. I walk in victory and the knowledge that I know who I am and I know WHOSE I am. When life throws me obstacles (and believe me, it has and is!) I keep a smile on my face, focus on what I can change and keep pressing forward. I try not to worry or dwell on things I cannot change because it won’t change the situation. However, by focusing on what I can directly affect – often other issues are solved or alleviated as a domino effect.

Action.

Words are great. Dreams are wonderful. Action gets things done! I strive to not only talk the talk, but to, also, walk the walk. I admit my shortcomings and try to commit to changing those things that need to be worked on.

There you have it, Divas! That’s what my divatude is all about and I encourage you to discover and embrace your inner diva, too!



What is it that you stand for? When your name comes to mind, what do others think of? Is it something positive or negative? Is it what you'd want your legacy to be? Is it what you'd want your children to pass on to their children's children? If not, what are you doing to change that?

What is the point of going through life without a purpose? What are you doing to shape your destiny? What are you doing to create your legacy? Each generation to be a step ahead (or more) than the previous, what are you doing to make your strides? Are you preparing your children to take over your legacy or are you allowing them to make the same mistakes your grandparents, parents and yourself made?

In order to live a fulfilled life, you must have a purpose. You must have something that makes you get up each morning excited and ready to make a difference somehow someday. Your purpose should not be something that is selfish and just benefits you and yours. Your purpose should touch others and have a domino effect on those that they touch. It should metamorphosize into an even bigger purpose.

You've got that divatude from the inside out...not the outside in...the wonderful beautiful person that you are on the inside is what enhances the outer beauty you have! Embrace it!!!

I wrote those words to a fellow diva who was struggling with some changes she'd made to her appearance.

I read on another blogger's site once how we program ourselves and our children from birth as to what is considered "beautiful" or "pretty". It hurts my heart when I see young children who lack self-confidence. At a young age, the only way they can NOT have it is because the adults around them are not promoting. Think about it, who first told you how beautiful and smart you were? If you struggle with low self-esteem and self-image, where did you first get the ideals as to what was and was not "pretty"?

As a parent, I try my hardest to instill self-confidence in my children. Not in regards to their physical attributes, but to what's inside them. I want them to know that they are beautiful beings from the inside out and not the outside in. The most beautiful looking person can have the ugliest heart and attitude. However, someone that may not have the physical attributes that most of society deems as pretty can have the most wonderful and beautiful spirit. Who would you want to be around?



*The wonderful, beautiful
person that you are on the
inside is what enhances the
outer beauty you have.
Embrace it!*

Michelle D. Garrett, Divas With A Purpose

I challenge us all to focus more on what's inside and not the physical appearances of those around us. Teach our children to accept and embrace others. Help them to focus on qualities like kindness, generosity, enthusiasm, nurturing, understanding, accepting, creativeness, empathetic, open-minded, optimistic, etc. As they grow and mature, help them to remember that their external beauty will far outshine their physical attributes.

SMART Goals 101

S

Specific is the what, why and how. Use action words to describe what you are going to do. Why is it important to you? What is it that you want to accomplish and for what reason? How are you going to do it? What resources do you have and/or need?

M

Have **measurable** checkpoints. In one week, I want to have this done. In one month, this should be completed. If you're unable to measure, then you'll never be able to manage it. Having measurable progress will help to keep you motivated and energized about attaining your goals.

A

Come up with an **action** plan to set you in the right direction of reaching your goal. If you're unsure what avenues to take, reach out to people who are able to help. Don't be afraid to ask for help when necessary.

R

Your goal must be **realistic**. Becoming a millionaire in one week does not cut it! Evaluate where you are and what you have. If your goal is unrealistic, then you will lose motivation and it will not happen.

T

Set a **time-frame** for your goal. Don't beat yourself up if you don't meet your original goal in the time that you set, but evaluate what it is you need to change and adapt to so that you can continue on your course to greatness!

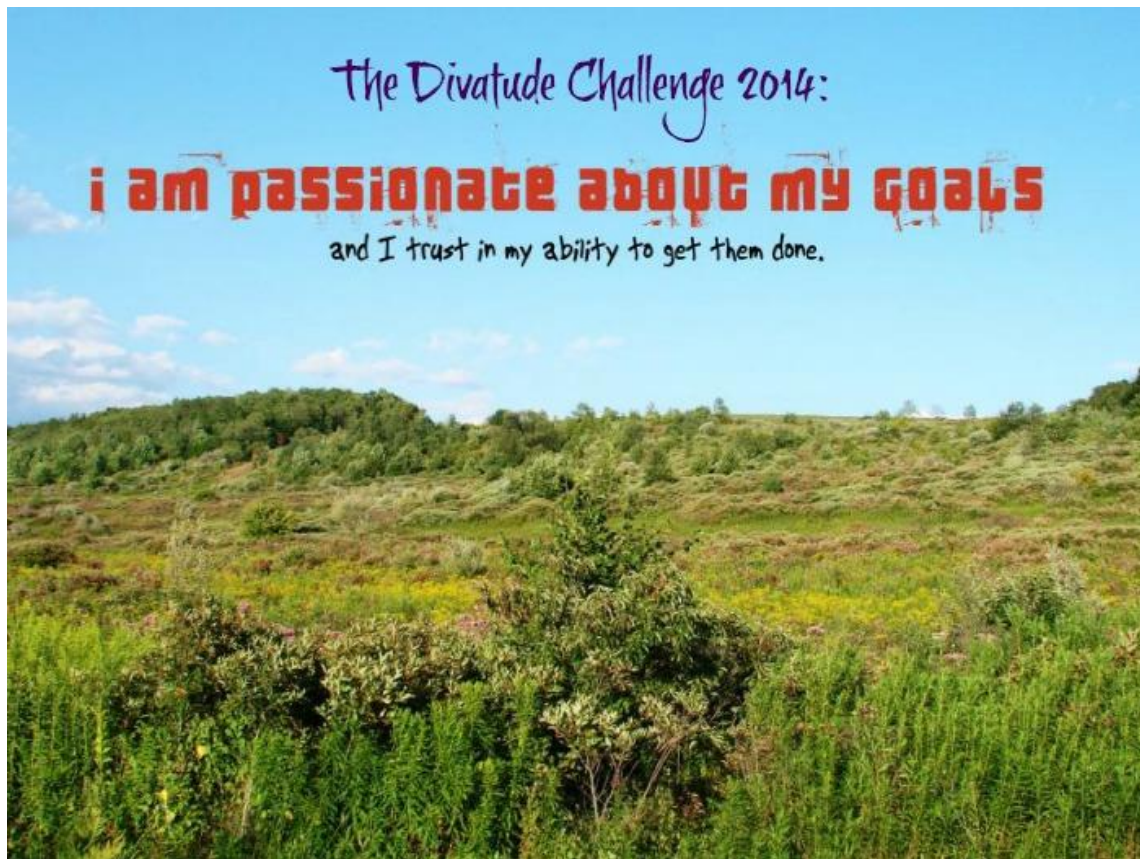
The Divatude Challenge

As we make our SMART goals and challenge ourselves to follow-through and be accountable, we have to prepare ourselves. As with any journey, you have to make sure you pack accordingly, chart your path and ensure your vehicle is in tip-top shape.

This is far from an exclusive list, but some key questions to ask are:

- What specifically do I want to accomplish?
- Why do I want to accomplish this goal? What purpose will it serve in my life and the life of others?
 - What tools will I need to meet this goal?
 - Which tools do I already have in my possession?
 - How will I get the ones that I don't have but need?
- Am I ready to dedicate the time and energy necessary to make this goal a reality?

This last question is essential. Often, we make goals that sound great when we discuss them, write them on paper or create our vision board. All of that is moot, if we are not willing and able to put in the WORK to make them happen. When realizing your goals, take the time to have a reality check and ask yourself if you are at a place in your life, where you are willing to make sacrifices for what your want to accomplish?



Be S.M.A.R.T. with your Goals

The Divatude Challenge

Often we confuse goals with plans. We can plan to make a million dollars but we need to have specific action items in place to reach that landmark.

Specifically state your intentions

Measuring your success is possible

Attaining your goal is within your control

Realistically your goal is do-able

Time-wise you can set a completion date

In one sentence, state your goal:

How will achieving this goal benefit you? Why is it important?

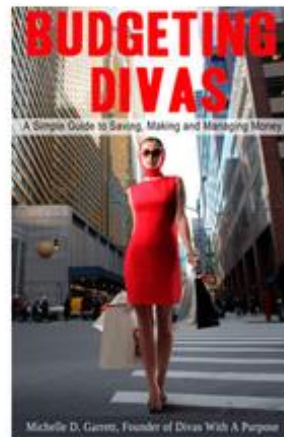
How will you know you've completed your goal?

When will you complete it?

www.divaswithapurpose.com

About Michelle

Michelle D. Garrett is the voice behind [Divas With A Purpose](http://DivasWithAPurpose.com) - a website dedicated to motivating and empowering women. Her goal in life is to “EMBRACE THE DIVATUDE” by being driven, inspiring, victorious and called to action within her personal and professional life.



Sharing my passion for continuous growth and learning in our personal & professional lives

www.MichelleDGarrett.com

Wife, mommy, sister, friend, diva – all these words and more describe the person Michelle is and is constantly growing into and striving to be. Divas With A Purpose began as an outlet and has grown to become so much more. It's become a place to network and connect with other women as we go through this journey of life. As women, mothers, sisters, friends, divas embracing our similarities and differences – we all should be...

Driven, Inspiring, Victorious and called to Action in our families and communities.

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