

# The D.I.V.A. Principle Divine Inspiration for Victorious Attitude

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*GET YOUR HEAD TOGETHER!*

By Michelle McKinney Hammond

## DAY 1

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Welcome to Day 1 of Get Your Head Together.

Before we get started, I want you to think about the one big thing that's missing from your life. For many of us, it's a relationship. But even if you are in a relationship, you may be missing something in that relationship that keeps you from feeling complete. Then again, what's missing may be something else entirely - a sense of purpose and direction, that big family you haven't found the right time to have, or partner to make happen, a dream career.

Whatever it is, it's something big, something important, something that's probably a little bit scary to imagine actually having because your past problems make you afraid you'll jinx any future success. But despite all of that, you still want it with such longing and focus that a good portion of your life revolves around making it happen.

Well, I'm here today to give you the secret to getting what's missing in your life. And that's the truth that *nothing* is going to come to you until God sees that you are prepared to receive it.

Let that sink in for a moment. Now take a look at your life, your heart, your mind. Are you really prepared to be the leading lady in the life of your dreams, boldly going after what you want, knowing you have everything you need to get it and keep it? Or do you feel more like supporting cast, or even an extra being shuffled around with little or no input into what happens?

Listen up, lady. This is YOUR life. And if you want those dreams to come true, you have to get your act together, get your diva-tude on and MAKE it happen. I'm not talking about your stereotypical bad diva attitude. I'm talking about becoming a divine diva re-defined. My acronym for Diva is Divine Inspiration for Victorious Attitude. After all attitude is everything! In order to live the life we want sometimes we need an attitude adjustment, in essence we all need to get our heads together. And that's what I'm here to help you do, starting by introducing a powerful diva role model for inspiration.

One of the most impressive ladies I talk about in my book the *The Diva Principle* is the Proverbs 31 Woman. I'm sure you've heard of her. Here is a true Divine Diva who could do it all – take care of her business, her family, herself and still have room to open her home to others and her heart to God. But she didn't get that way by waiting around for life to happen to her. And there's nothing she accomplished that you can't do as well, if you're willing to step into your true diva nature.

Your challenge for today is to read Proverbs 31, 10-31. Then meditate on that scripture and what I've said today.

- In what ways are you like this woman? How are you not?
- Which of her traits do you lack that you want to acquire?

Answer those questions, and we'll start working on your diva transformation tomorrow.

## DAY 2

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Welcome to Day 2 of Get Your Head Together.

Do you know what a true diva is? The definition of diva is, “a Prima Donna.” Although the term has a bit of a negative connotation today, it originally comes from the opera world and means “first lady,” referring to the primary female singer. This title reflected her skill, her mastery and her single-minded dedication to her craft. She was the focus of the show. She brought the story to life and everything else hinged on her performance.

That's the heart of a true diva – purpose, passion, mastery, dedication, devotion, power and strength. A woman with a diva attitude doesn't simply live life as it comes. She uses her God-given gifts to actively *manage* her life to get what she wants and to serve her role in God's plan. A diva knows that she was fashioned by God's hand to be a vessel of His will and an expression of His love, and fully commits to the divine path God has created her for. She knows that only when she is being everything she is capable of being – using all of her gifts with power, wisdom, discipline, vision and generosity - is she walking the path that God has set for her and capable of receiving His blessings.

A true diva also knows that to get what she wants out of life, she has to get her own act together first. And the first step to getting your act together is to get your head right – to intentionally master the ability to think clearly, choose wisely and discipline yourself against foolishness, negativity and other un-Diva-like traits.

- On a scale of 1-10, how well do you feel you are living this description of diva-hood?
- In what ways do you feel you personify these attitudes and actions?
- Where are you falling short the most, and why do you think that is?

Spend some time meditating on these questions and writing your answers down. We'll use them to help direct your diva transformation as we go.

## DAY 3

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Welcome to Day 3 of Get Your Head Together.

As I mentioned on Day 1, God only blesses you with what you're ready to receive. And one of the core truths a diva knows is that the getting what she wants out of life – whether that's true love or some other blessing – requires her to be a complete and whole person in and of herself, not a half waiting for another half.

In every relationship and activity, you must be willing and able to provide a full contributing partnership, rather than expecting the other person to complete you or to make up for the fallow ground in your life that you have not cultivated. Mr. Right (and his pals, Opportunity and Prosperity) aren't looking to buy a fixer-upper. They're looking for a turn-key operation they can walk into and start seeing returns from immediately.

A diva never enters any relationship empty-handed. She knows that other people can only see what she *is*, not what she wants to be. And they will make decisions based on that information. If you want to make things happen in your life, you have to bring as much or more to the table as you're asking from anyone else.

So for the rest of this week, we're going to be looking at what you can bring to the table, starting with your gifts and strengths.

- Make a list of what you consider to be your God-given gifts and strengths, the things that come easily and naturally to you, that you love doing and do well.
- Beside each one, note how often and well you actually make use of these gifts in your daily life.
- Also note how diligently you invest in their development through practice and education.
- Finally, do you claim these gifts proudly and advocate for your abilities, or do you hide your candle under a bushel and hope someone else recognizes your skills on their own?

Work on those questions today, and we'll see what else you have to offer tomorrow.

## DAY 4

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Welcome to Day 4 of Get Your Head Together.

As I mentioned yesterday, a diva never goes into any relationship or situation empty-handed. She shows up as a full partner, ready to contribute 100% from day one.

This can be a hard concept for some of us to swallow, because a lot of us were told that we're supposed to wait for someone else to provide for us, to recognize our gifts and to give us permission to follow our passions – as long as they don't outshine anyone else's.

You know what I think? I think the world has enough shrinking violets withering up for lack of sunlight and attention without you adding another dead plant to that pile. The Proverbs 31 Woman certainly didn't let anything cast shade on her divine light.

A true diva is passionate. She has a purpose and she is ready and willing to move heaven and earth to pursue it. She knows that wrapping her gifts in a demure cover of recycled newspaper and old string will just get them kicked to the curb and treated like trash. Instead, she tears the wrappings off and wears her heart and passions on her sleeve. She lets her Divine light shine full force and if some people find that light a little blinding...well. that's their problem, not hers.

A diva also doesn't settle for going along with everyone else's passions or purpose in the hopes she'll find her place that way. Instead, she sets her own course according to God's personal instructions for her life and fills her sails with the power of God's love. Because she knows that only then is she fulfilling her pre-designed role in His plan.

So today let's look at the purpose and passion you bring to the table.

- What is your core purpose in life? What are you most passionate about? Write down whatever comes to mind.
- Ask yourself how well your current actions and choices reflect that purpose and passion.
- What do you need in order to begin accomplishing your goals?
- What sort of support do you need in order to assist you? Who can you go to for that support?
- What commitment do you need to make to yourself in order to move past hindrances and move forward?

Work on that today, and we'll wrap this section up tomorrow.

## DAY 5

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Welcome to Day 5 of Get Your Head Together.

One thing that is core to the diva spirit is that a diva *acts*. She has agency in her life, meaning that she has both the capability and the willingness to act on her own behalf and in her own interests.

She doesn't wait for Mr. Right and friends to bring her the life she wants on a silver platter. She knows that if she does that, she will never be the mistress of her own life and that she'll be beholden to others for everything she has.

Instead, a diva creates a fabulous life of her own and then goes looking for the people and opportunities that fit into it. Trust me, nothing filters out the riff-raff like pre-existing standards.

Likewise, a diva doesn't wait for someone to discover her and shower her with opportunities. She takes the fruit of her labor to the marketplace directly and touts her wares as enthusiastically as anyone else. She knows her merchandise is good. Finally, she doesn't hedge her bets by playing both sides against the middle. She chooses the path that best fits her goals and values, and she commits to it. But she also knows that she's only human, so she's always willing to admit her mistake and change course if she finds herself headed in the wrong direction.

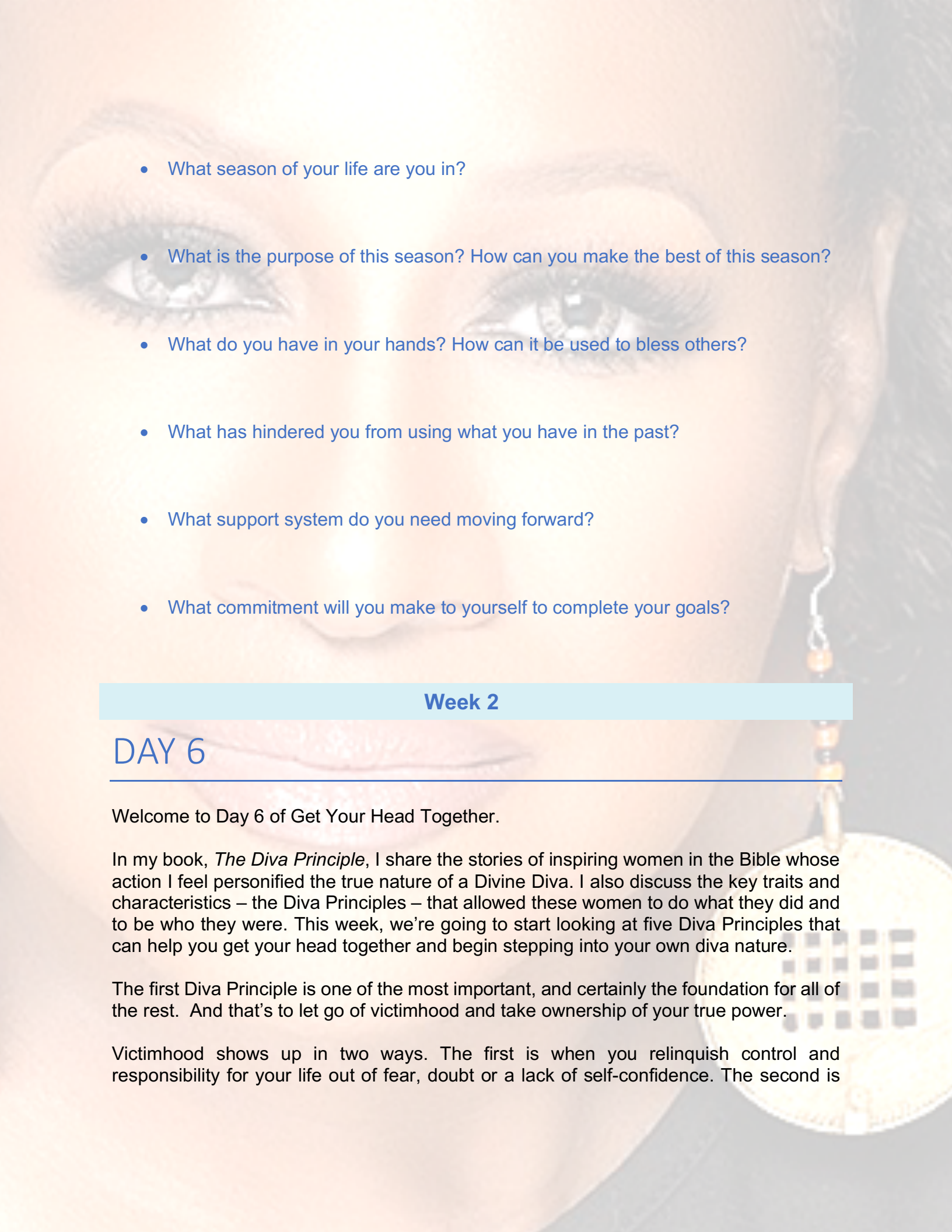
Your final challenge for the week is to take a look at how ready and willing you are to take charge of your life.

- How comfortable do you feel advocating for yourself or your passions?
- How easy is it for you to stand up for your interests like the Proverbs 31 Woman and take action to get what you want?
- Where in your life are you waiting for someone or some external opportunity to fill in the gaps of your life instead of taking the wheel and going after it yourself?

Answer these questions today. Next week, we'll start exploring the key Diva Principles from my book that will help you start bringing your true diva nature to the light.

## DIGGING DEEPER

- Describe the life you have now...
- Describe the life you would like to have...(list 3 things you would like to have)
- What attitudes have kept you from having the life you want?
- What attitude adjustments do you need to make?

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- What season of your life are you in?
  - What is the purpose of this season? How can you make the best of this season?
  - What do you have in your hands? How can it be used to bless others?
  - What has hindered you from using what you have in the past?
  - What support system do you need moving forward?
  - What commitment will you make to yourself to complete your goals?

## Week 2

### DAY 6

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Welcome to Day 6 of Get Your Head Together.

In my book, *The Diva Principle*, I share the stories of inspiring women in the Bible whose action I feel personified the true nature of a Divine Diva. I also discuss the key traits and characteristics – the Diva Principles – that allowed these women to do what they did and to be who they were. This week, we’re going to start looking at five Diva Principles that can help you get your head together and begin stepping into your own diva nature.

The first Diva Principle is one of the most important, and certainly the foundation for all of the rest. And that’s to let go of victimhood and take ownership of your true power.

Victimhood shows up in two ways. The first is when you relinquish control and responsibility for your life out of fear, doubt or a lack of self-confidence. The second is

when you allow others to degrade or diminish you and influence you into acting against your own interests and integrity.

A true diva knows from the depths of her soul that she is a powerful being created by God to fulfill a role in His plan. But she knows that she can't do that unless she is willing to let go of victimhood and take full responsibility for and control of her life. She knows that receiving God's blessings doesn't require her to sell her soul or give herself away, and that no true partner would ever want or ask for that.

This week, I just want you to acknowledge what's true for you. So today your challenge is to:

- Determine, on a scale of 1-10 with 10 being highest, how well you feel that your life reflects this Diva Principle, for both types of victimhood.
- What things have you said about yourself? How has your confession affected your actions?
- Then ask yourself what needs to change to bring your thinking and your actions completely into alignment with this Principle.

Work on that today, and we'll examine the next Diva Principle tomorrow.

## DAY 7

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Welcome to Day 7 of Get Your Head Together.

Today we're going to look at the second Diva Principle: Wisdom.

A diva knows that the ability to control and direct her life – and thus serve God's plan – relies on her ability to think clearly and critically, to make wise decisions based on the knowledge of God's word coupled with sound evidence and to look for smart solutions instead of falling prey to anger or fear when things go wrong. She knows part of her divine duty is to pursue both intellectual and spiritual knowledge and to prevent emotions or worldly desires from ruling her thinking.

Wisdom is one of the most powerful gifts that God has given us. As a counterpoint to free will, God imbued each and every one of us with the power to weigh evidence and make judgments, to think for ourselves and to act on our understanding, experience, knowledge and insight.

A diva doesn't let fear, emotions or other influences lead her blindly into bad decisions or keep her from acting. She uses the tools she's been given to calmly and objectively look past the obvious to see the real truth beneath the surface. She doesn't allow herself to be swept up by the mob mentality or to be fooled by groupthink. She thinks for herself and is willing to admit it when she or others she previously believed in are proven wrong.

Just as importantly, she *acts* on what she learns, rather than wandering around in the hopes that some unpleasant truth will miraculously change if she waits long enough.

Just like yesterday, I want you to:

- Decide, on a scale of 1-10, how well you feel that your life reflects this description of wisdom in action.
- What needs to change to bring your thinking and your actions completely into alignment with this Principle?

Meditate on that today, and we'll examine the next Principle tomorrow.

## DAY 8

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Welcome to Day 8 of Get Your Head Together.

Today we're going to look at the Diva Principle of discipline.

A diva knows that fully living the life God has planned for her means disciplining herself against foolishness, negativity, slothfulness, helplessness and other un-Divine traits.

A diva determines what needs to be done and does it with a cheerful and conscientious heart. On the other hand, she also knows her limits. As well as taking ownership of her own responsibilities, she is equally disciplined to say *no* to things that will divide her attention, overtax her resources or distract her from her true path.

Discipline is more than just a matter of organization and good scheduling. It's a soul-to-surface exercise in personal control, thoughtful action and scrupulous management of available resources. A diva is as disciplined on the inside as she is on the outside, as well. She schools herself to maintain a positive attitude even in trying circumstances, because she knows that negativity will just make things harder. She forswears the easy temptation of gossip, meanness and conceit. She chooses compassion over indifference and harshness and opts for abundance and generosity over selfishness and greed. In short, she does what's right when it's right to do it, even (and perhaps especially) when it's the harder path to tread.

But don't think that being a disciplined diva means you can't let loose and have fun. These actions are just as vital to your wellbeing as feeding yourself and paying the light bill. A true diva recognizes this and cultivates joyfulness and the indulgence of righteous pleasures as diligently as she does anything else.

Now that you've got the basic idea, it's time to rate yourself against this ideal on a scale of 1-10, with 10 being highest.

- How well do you feel that your life and actions reflect this description of inner and outer discipline?
- What areas do you need to be more disciplined in?
- What needs to change to bring your thinking and your actions completely into alignment with this Principle?

Work on that today, and we'll talk tomorrow.

## DAY 9

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Welcome to Day 9 of Get Your Head Together.

Today's Diva Principle is seeing the big picture.

A diva knows that she may be God's gift to the world, but so is everyone else and that life isn't all about her and what she wants right now. She knows there's a bigger plan in motion than she can see or understand from her own limited perspective. Because she knows this, a diva looks beyond her own desires to see how she can use her gifts, her passion and her divine power to create the greatest good for the greatest number of people and in the greatest accordance with God's will.

What does that mean in real life? That depends on your situation.

It may mean turning down a once-in-a-lifetime contract if signing it would involve doing things that would damage your integrity or your relationship with God. On the other hand, it may mean moving outside of your own comfort zone and becoming a celebrity figure if that meant you could do more good than you could staying in your shell.

The truth is that neither you nor I have all the information. God's plan is far more complex than we can imagine. So what looks like a step backward or embarrassing retreat from our perspective could just be God's way of correcting our short-sighted mistakes and getting us back on the path of joy and success. So keep that in mind next time you have to make a decision. Look at the bigger picture and always choose the option that allows for the greater good, even if it looks a bit scary or feels like a loss.

So, on a scale of 1-10, with 10 being highest:

- How well do you feel that your choices and actions reflect this Principle of seeing the bigger picture?
- What needs to change to bring your thinking and your actions completely into alignment with it?
- What choice or decisions do you need to make right now?
- Why have you been resistant to moving forward with your choice?

Let's talk tomorrow.

## DAY 10

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Welcome to Day 10 of Get Your Head Together.

The last Diva Principle we're going to look at this week is being supportive of others.

A diva knows that how she thinks about and treats other people says everything about who she is. She doesn't let her ego keep her from celebrating the achievements of others, or let envy and covetousness poison her relationships. She doesn't make others dependent on her. In fact, she does her best to help them fly on their own. And she doesn't let fear of scarcity blind her to the divine abundance of God's love. She knows that no matter how much others gain, she is losing nothing and that the whole world benefits from each individual's success.

A diva embraces collaboration, support, love, compassion and generosity as her tithe in appreciation for the blessings in her own life. She knows that everyone has a role to play in God's plan, and part of her role is to support others in doing so. She doesn't hoard her gifts for her own sole benefit and glory. She shares them openly and generously, simply because she delights in their use.

For the final time this week, I want you to rate yourself on a scale of 1-10, with 10 being highest.

- How well do you feel that your life reflects this description of supportiveness and generosity of spirit?
- What needs to change to bring your thinking and your actions completely into alignment with this Principle?
- In what ways can you celebrate and support others more?
- What stops you from doing so?
- What positive outcome could be experienced by doing this?

Life is a lot more fun when we quit trying to "win the game" and learn to simply enjoy playing our best and helping others play their best alongside us. Once you do that, you will quickly realize that we're all on the same team, and that you can't beat anyone else without endangering your own chance to win. This is especially true in relationships, but it's good advice for the rest of life, too.

Meditate on that over the weekend, and we'll talk in a few days.

## DIGGING DEEPER

- What fears have you harbored that have paralyzed you in the past?
- What opinions have colored your thoughts and reshaped your perspectives?
- How disciplined are you at renewing your mind and redirecting your thoughts?
- What do you need to do to become more effective?
- What affects your ability to celebrate others in their achievements?
- What do you need to do in order to be able to celebrate your own contributions without comparing?

### Week 3

## DAY 11

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Welcome to Day 11 of Get Your Head Together.

Last week, we explored five Diva Principles – character traits every diva needs to master in order to get her head together and prepare herself to be a full partner in her own life. This week, you're going to get your diva-tude on and start putting those Principles into action. The first step is to choose empowerment.

Your challenge for today is simple. Choose one area of your life where you've given up power over your own life or are playing the role of the victim. It could be an area where you're waiting for someone else to fix a problem or provide something you want. Or maybe you're waiting for someone's permission or for some "perfect" reality to exist before you go after your dreams.

It could be that you're waiting for Mr. Right to give you the life or luxuries you want. Or maybe you feel powerless to be happy or pursue a dream because of some personal flaw or circumstance. Whatever it is, write down a clear statement of what's going on and why.

Now, before you take the next step, take a moment or two to get your head straight and make a commitment to yourself that you are going to consciously let go of this chosen helplessness and reclaim your God-given power.

Once you've gotten yourself in the right state of mind:

- Start making a list of things you can do to reclaim ownership of this situation.
- Finally, use the ideas to create a plan for getting your act together.
- Start taking action on that plan today.

Remember – giving up your power is a choice, as is taking it back. It doesn't have to be perfect. Just trust in God, take the first step and see where He leads you. Let's talk tomorrow.

## DAY 12

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Welcome to Day 12 of Get Your Head Together.

Yesterday, you started taking back your power. Today, you're going to take on Diva Principle number two – choosing wisdom.

Like all Diva Principles, wisdom is a choice, one that often seems a lot less appealing than giving into an immediate desire or being led by strong emotions. If there's a prize for choices that predictably keep us off the path of joy and prosperity, the decision not to use our God-given wisdom is right up there at the top.

Today your challenge is to spend some time meditating on the areas of your life where you're not being as wise as you could be. Is there one particular bad decision you keep making over and over again? Is there a specific situation or topic around which you can be counted on to lose your mind and do or say exactly the wrong thing?

- What life issues are you facing right now?
- How are you using your wisdom to navigate these troubled waters?

- What intellectual shortcuts like superstition or dismissing evidence that contradicts what you want to be true may be guiding your choices?

Once you know the area of your life or the issue you want to focus on, make a list of things you can do to cultivate greater wisdom in this situation, both in thought and in deed.

Once you've got your list, commit to doing one thing on it this week. Also commit to trying one new idea from your list every month. Remember, a truly wise diva knows she should never assume that she's as wise as she thinks she is. Her goal is to never stop learning, growing and finding new ways to sharpen the tools that God gave her.

Let's talk tomorrow.

## DAY 13

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Welcome to Day 13 of Get Your Head Together.

Today's Diva Principle for you to work on is creating discipline.

As we talked about last week, discipline isn't just about getting up on time and putting things where they go. It's about intentionally training yourself to do the right thing at the right time and in the right way. It's choosing the path that leads most directly to where you need to be, rather than the one that's easier or less frightening.

But most importantly, discipline is the conscious decision to personify God's love and God's will in every thought, act and choice.

Your challenge today is to choose one area of your life where you need more discipline. Maybe it's dealing with others compassionately and openly rather than walling yourself off and looking out for number one. Maybe it's keeping your house tidy so you can feel comfortable inviting the people you love over to dinner, or setting up a wellness plan so that your body can be a strong agent of God's plan. Whatever area you want to improve, write it down along with the results you want to achieve.

Once you've done that, make a list of things you need to change or ideas for achieving the results you want to create. Focus on baby-steps – the surest way to lose your discipline is to make it impossible to maintain. Start small and work your way up. Set clear, easy-to-meet goals like, "I will commit to consciously seeing every person I interact with today the way God sees them," or, "I will choose one room to straighten up every day," rather than vague aspirations like, "I will be more compassionate to those around me," or, "I'll keep a neater house."

Commit to taking action on these changes and ideas, adding and mastering one at a time. Start by putting one of them into action today.

Let's talk tomorrow.

## DAY 14

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Welcome to Day 14 of Get Your Head Together.

Today, I encourage you to choose to see the bigger picture.

One of the reasons our lives get out of whack is that we get so twisted up in our own problems, issues and emotions that we become paralyzed by fear and despair. It's only when you take your eyes off of what's right in front of your eyes and look for the bigger picture that you realize how big of a mountain you were making out of that molehill.

Another benefit is that by taking a broader view of things, you stop focusing so much on what you don't have and are able to see the true abundance of your blessings. Trust me, there's nothing like spending an afternoon volunteering in a homeless shelter to remind you of just how blessed you really are.

But the biggest benefit to taking the broader view is that it refocuses your mind and energy away from, "What's the best choice for me right now," and shifts it to, "What's the best choice for everyone involved in the longer term." Remember the old saying that a rising tide lifts all ships – doing the right thing for everyone involved always means you're doing the right thing for yourself, as well. And you avoid the risk of letting your ego sabotage your happiness by encouraging fear-based decisions.

Your challenge today is to:

- Choose one action or choice you are currently facing that you're struggling with. Once you've made your choice.
- Make a list of the pros, cons, considerations, choices, potential results and any other variables you need to consider.
- Then meditate on this issue and the items you listed and focus on finding the answer that creates the greatest good in the world, according to God's plan.
- Write down any insights you receive and apply them to making your decision.

Work on that today and we'll wrap up this action week tomorrow.

## DAY 15

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Welcome to Day 15 of Get Your Head Together.

To wrap up the week, you're going to take action on the final Diva Principle: Choosing to exhibit a generous spirit.

The world around us is constantly working against this principle. Our culture revolves around drama and competition. It celebrates men and women who claw their way to the top on the backs of others, and anyone who objects is considered naïve and soft-hearted. It rolls cynical eyes at the idea of collaboration and sharing and makes us wary of opening our hearts and minds for fear of being taken advantage of.

But this doesn't have to be your reality if you don't want it to be. A true diva knows that nothing gives you the advantage like the element of surprise, and these days nothing is more surprising than being greeted with open hands and an open heart. The old game may seem like the only one in town sometimes. But I guarantee that if you start playing a different game, if you open your heart to others and offer a hand in kindness and support, you'll find plenty of people who are just as thrilled and eager to play by these new rules as you are.

Your challenge today is to break out of the fear-based mindset of scarcity, self-serving attitudes and one-upmanship, and start playing a bigger, better game.

- Chose one situation in your life where you are giving into fear, scarcity, envy, selfishness, greed, small-mindedness or other some negative mindset.
- Meditate on the situation for a few minutes while thinking about how Jesus would respond to the situation – what would he say or do, how would He advise you to act?
- More importantly, meditate on *why* He would make these choices.
- Write down any insight you receive.
- Then put yourself into the meditation and visualize yourself taking a more Divinely Inspired approach to things.

Notice any difference in how you feel about the situation.

Let's talk next week.

### DIGGING DEEPER

- How are you going to change the game of your life?
- List 3 things you want to do differently?
- What mindset needs to change in order for this to happen?

- What fears or thoughts do you need to release and what thoughts do you need to embrace in order to empower yourself?
- What source can you draw from for this to occur?

## Week 4

# DAY 16

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Welcome to Day 16 of Get Your Head Together.

This week, I'm going to shift gears a bit and stop talking about what you can do so we can start focusing on who you are – and who you can be. To step into your role as a Divine Diva, a living example of God's love in action.

As I've mentioned before, you are quite literally God's gift to the world – His will made flesh and imbued with His divine power. And this gift wasn't handed out for no reason. God is relying on you to step up and be the Divine Diva He created you to be and play your part in bringing His plan into fruition. In return, He has promised to give you everything you need to fulfill that role, and to reward your faith and devotion with the blessings of love, joy and prosperity.

What this means is that your power isn't just a birthright – it's a mantle of duty. When you deny your power, when you give it up or let others take it from you, you deny God's will and you diminish His work.

But He's not the only one counting on you. Your current or future partner is going to need all the power you can bring to the table to back them up and to be their rock, as they will be for you. And then there's your family, your friends and others who are relying on you to help them be who they can be.

Being powerful isn't an option, it's your divine mandate. And it's also the greatest gift you can give, to yourself, to God and to those around you.

- Today I want you to write a personal statement of commitment reclaiming your power in every part of your life in His name and to His glory.
- Then choose one action you can take today that will let the world know without a shadow of a doubt that you are a Capital “D” Diva – a Divinely powerful and glorious creation.

Let’s talk tomorrow.

## DAY 17

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Welcome to Day 17 of Get Your Head Together.

Yesterday we talked about being powerful. Today we’re going to talk about being wise.

Just like your power, your wisdom wasn’t given to you simply to serve your own needs. It was also designed to serve those around you.

Wisdom enables you to give sound advice and guidance. It provides a role model for others to follow. And it generates an eye of calm, thoughtful stability in the stormy chaos of life for yourself and everyone around you.

When you choose wisdom over impulse and worldly desire, you create a divinely-inspired environment on earth that reflects the Divine creation above. To those around you, it’s like receiving a drink of fresh, cool water after a hard battle fought in the sun.

I’m sure you’ve felt this effect before in response to a cooler head prevailing in what could have been a destructive argument, or an insightful quote that brought sudden clarity to a murky situation. That refreshment is yours to offer the world, if you choose to share it.

Your challenge today is to think about a time in the past when you or someone you witnessed acted with clear and notable wisdom.

- Reflect on how that choice affected everyone involved.
- Meditate on any concrete or obvious results you recall this wise action creating, as well as less obvious ways it might have affected yourself and others.
- Finally, think about how a less wise choice would have affected yourself and those around you, both in the long and short term.
- Write down any insights this meditation inspires.

Use this meditation to remind yourself of the power of wisdom, and to condition yourself to recognize and embrace this gift in your own life. Let’s talk tomorrow.

## DAY 18

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Welcome to Day 18 of Get Your Head Together.

Yesterday, we talked about wisdom and the benefits of being wise. Today we're going to discuss being disciplined.

You might actually think about discipline as wisdom in action. Knowing the right thing to do and doing it are two different things. The first is wisdom, the second is discipline.

The true power of being disciplined isn't just the effect it has in your own life, it's that it's contagious. When you get your act together it inspires others to do the same, either because they see the results you're getting and want that for themselves, or because your example highlights how their own choices are contributing to the issues they're struggling with.

It's also contagious because it directly causes others to be more disciplined themselves. If you discipline your own eating and exercise habits, those around you will start to mimic you. If you school your thoughts to be positive and uplifting, others will unconsciously alter their behavior around you to match. With enough exposure, many of these changes will even become permanent habits.

Because of this powerful ripple effect, and because it supports the other Diva Principles, being disciplined is a key part of a diva's character.

To reinforce this concept, your challenge today is to:

- Think about how you have been inspired to make changes in your own life because of someone else's display of discipline.
- Write about how those changes affected your life, and what would have likely happened if you hadn't had that inspiration to work toward.
- Meditate on how creating more discipline in your life might empower and inspire those around you, as well as help you achieve your own dreams.

Let's talk tomorrow.

## DAY 19

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Welcome to Day 19 of Get Your Head Together.

Today we're going to look at your place in the big picture.

Everything you do, from what you choose to eat for dinner to which job offer you take, has a ripple effect on your future life, the lives of others and the unfolding of God's plan.

Imagine what would happen if every cell in your body suddenly started doing its own thing with no thought for peaceful interaction or cooperation. You are one of those cells. And the body you belong to is God's plan for your life and every person your life touches.

We don't often think about our actions this way, and that's why we get into trouble. We want what we want right now, and we tend to focus on immediate consequences. As a result, obstacles and negative consequences seem to come flying at us from out of nowhere, prompting us to take even more shortsighted and reactionary measures to avoid them.

On the other hand, when you act with an eye to this bigger view, you automatically create a smoother and more natural flow. This is because you're consciously steering your life into the current that's going the direction you want to go, rather than trying to shape the current to your own desires. I probably don't need to tell you which approach is more effective and less painful.

Spend some time today meditating on how your life and your choices affect yourself, others and God's plan.

Think about every single person you interacted with today, even those you just saw or heard, as well as those who may have seen or heard you without your awareness.

- Meditate on how the effects of those interactions might ripple out. What did others take away from your interaction?
- How did what you observe affect you, and how will that in turn affect those around you in the future?
- Use this visualization as a regular part of your prayer and meditation to help you begin making better choices.

Let's talk tomorrow.

## DAY 20

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Welcome to Day 20 of Get Your Head Together.

As a Divine Diva, you have an amazing arsenal of God-given gifts at your disposal: Power, Wisdom, Discipline and the insight of seeing the Bigger Picture. If you intentionally apply these gifts to the improvement of your own life, you will undoubtedly multiply your blessings and create a truly fabulous diva lifestyle.

But what if I told you that instead of simply multiplying your blessings, you could increase them exponentially. That you could not only bring down the heavenly rain of God's love on your own fields, but on the fields of others as well, until the whole world swells with new life and vigor?

That is the true and awesome power of being a source of inspiration and support for others.

Just as you are God's gift to the world, so is everyone else. And they are also God's gift to you. The holy job – and deepest joy - of a Divine Diva is to scout out the gifts of others and nurture them, so that they can help others step into their true place in God's creation. When you do that, not only do you increase the blessings in your own life, but you make the entire world a better place. And I have to tell you from personal experience, lifting someone up and finally getting to watch them soar on their own is one of the most amazing and joyful feelings you'll ever experience.

The key is to make the shift from seeing others as potential competition or obstacles to seeing them as the gifts they truly are, and to take joy in their success as part of the fulfillment of God's plan.

Your challenge today is to experience this breakthrough for yourself.

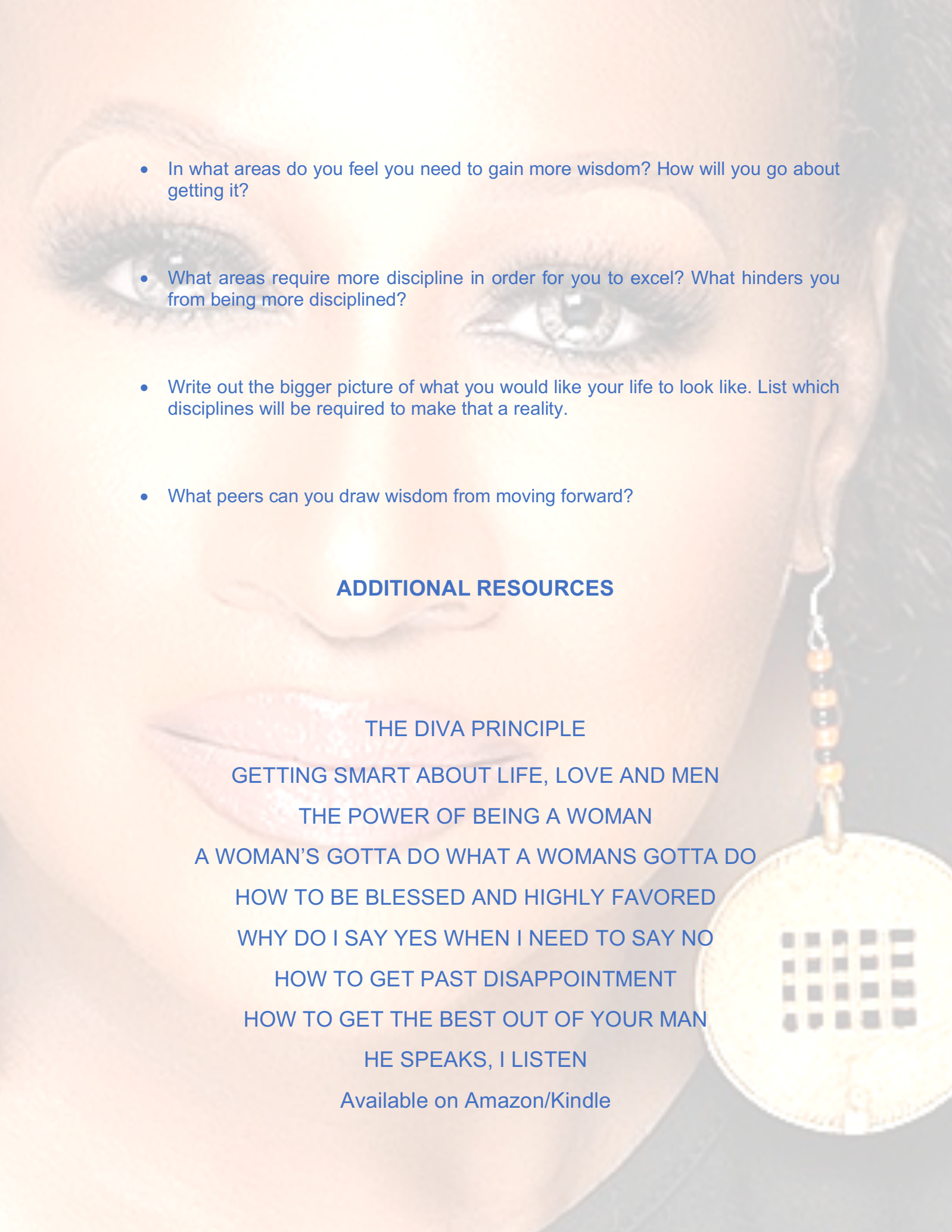
- Choose one person that you interact with on a regular basis, but whom you don't necessarily see as God's gift to the world.
- Spend some time meditating on the gifts they bring to the table and how you can encourage those gifts and their passions so that they can fulfill their purpose.
- Then put those thoughts into action.

We've covered a lot of territory this month, and we have a lot more still to cover. And even with all that, so much remains to be said. I highly recommend reading the book this program is based on, The Diva Principle. We've distilled the heart of it in this series. But reading the stories of the incredible women who inspired these concepts will lead you to a deeper understanding of the Principles, and the other materials in the book will provide you with insights, scripture readings and meditations that we simply don't have room for in this format.

Thank you for joining me this month and I look forward to seeing all of you Divine Diva's when we progress to next level by moving from your head to your heart!

## **DIGGING DEEPER**

- In what ways have you failed to grasp and utilize your God-given power?

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- In what areas do you feel you need to gain more wisdom? How will you go about getting it?
  - What areas require more discipline in order for you to excel? What hinders you from being more disciplined?
  - Write out the bigger picture of what you would like your life to look like. List which disciplines will be required to make that a reality.
  - What peers can you draw wisdom from moving forward?

## **ADDITIONAL RESOURCES**

THE DIVA PRINCIPLE

GETTING SMART ABOUT LIFE, LOVE AND MEN

THE POWER OF BEING A WOMAN

A WOMAN'S GOTTA DO WHAT A WOMANS GOTTA DO

HOW TO BE BLESSED AND HIGHLY FAVORED

WHY DO I SAY YES WHEN I NEED TO SAY NO

HOW TO GET PAST DISAPPOINTMENT

HOW TO GET THE BEST OUT OF YOUR MAN

HE SPEAKS, I LISTEN

Available on Amazon/Kindle

