

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, the providence moves too... Whatever you can do or dream you can, begin it.

Boldness has genius, power and magic in it.

~ Johann Wolfgang von Goethe



The 7 Day Diva Detox

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Eleanor Roosevelt
was so wise!

Her advice?

"You must do the
thing you think
you cannot do."



Winston Churchill
said it best

"If you're going
through hell,
keep going."



"Growth demands
a temporary
surrender of
security."

~ Gail Sheehy

Hang in there!
It's all going to
feel easier by
tomorrow!



"It is never too
late to become
what you might
have been."

~ George Eliot



"You may be
disappointed if
you fail,
but you are
doomed if you
don't try."

Beverly Sills



"To love what you
do and feel that
it matters
—how could
anything be
more fun?"

Katherine Graham



"Things do not
change; we
change." -

Henry David
Thoreau.

You Did it!



Check off each day as you complete it. We know you can do it!

The Raw Divas
Raw Food Solutions for Women

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