



Diary of a Diva

Nobody knows better than your sister, who has walked in your shoes before you, the motivation that's needed to continue to press forward in times of testing. **Diary of a Diva** is a student-centered project that provides fuel for the journey while chasing greatness. Each student-athlete will need to create a 2-4 minute video with the following criteria:

1) Introduction of Yourself; 2) College/University/Major/Post Graduate; 3) Monthly Topic

Monthly Focus Topics

August- Back to Bash

- *Choosing the right group of friends will make the difference on your journey.*

September-Sisterhood

- *There is no greater bond than one built through blood, sweat, and tears..*

October-Homecoming

- *Time Flies.. Take the time while on the journey to laugh and create memories for a lifetime.*

November-Community Service

- *Being a part of something bigger than yourself is how you leave your legacy.*

December-You Made It...don't stop now

- *Give yourself a pat on the back for persevering so far...now show up in the moments that matter.*

January-The Struggle Is Real: Early-Season

- *The struggle is real but the reward is greater...there are no shortcuts to greatness.*

February-Mid-Pont Mind Set: Mid-Season

- *Locked and loaded to set your mind on GO...making bold moves.*

March-March Madness Adversity

- *Real strength is developed through struggle while all the while keeping faith on the journey.*

April-Competitive: DAR' stay locked

- *Show up and show out...enough said!*

May-Postseason Grind

- *Real athletes are built in the summer...off season doesn't exist.*

"Whatever you do, work at it with all your heart."