

FLIP BOOK
OPEN



SCHOOL OF DIVAS *THE RESOURCE VAULT*

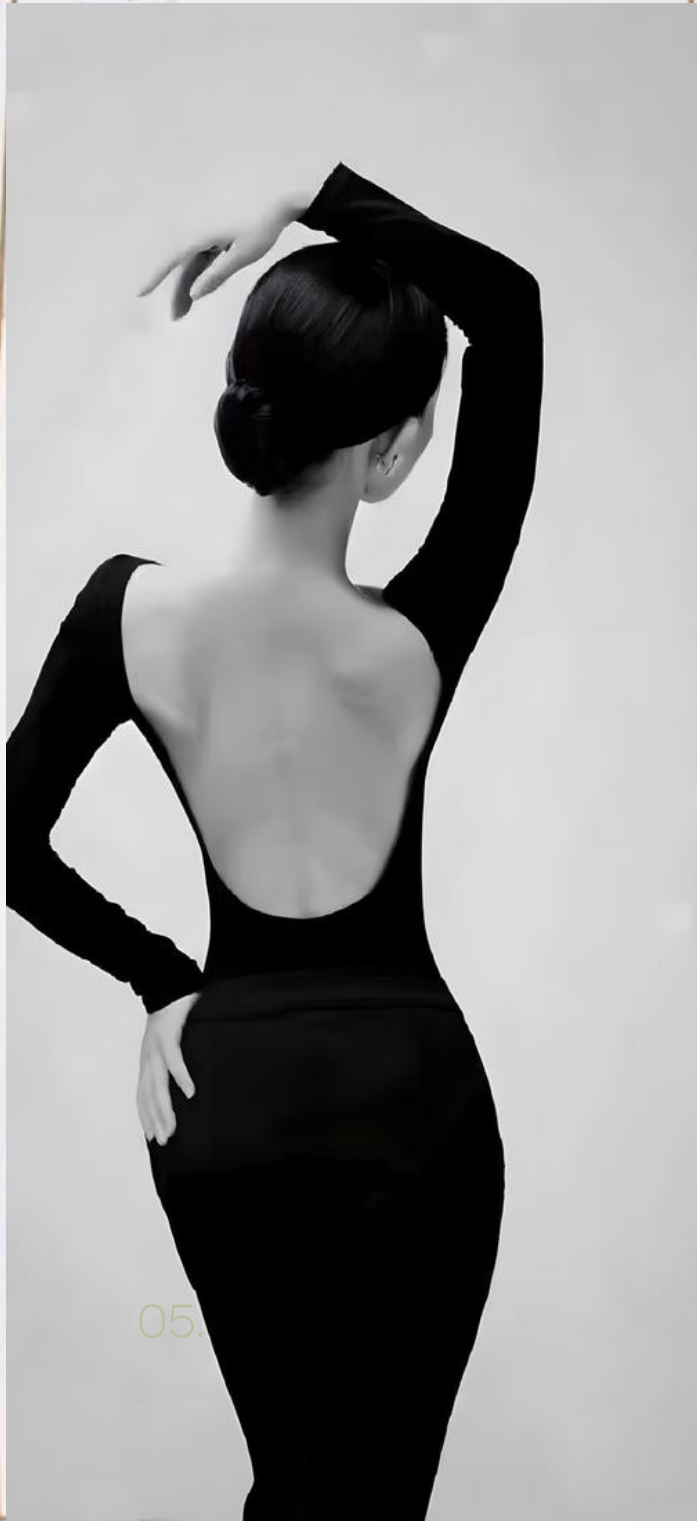
FREE FLIP BOOK
GUIDE



FOR THE GIRLS, BY THE GIRLS



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I know you're trying to change. I know you're aiming for a glow up. I know you want to look your best, feel your best, and get the best out of yourself.

And you want to know how I knew?

Because you clicked the link to get this free Resource Vault.

That tells me something. It tells me that you genuinely want to change. And when you were given the opportunity to access something that could actually help you for free, you chose not to play with it.

Hello, Diva. I'm so glad you chose yourself.





WELCOME, DIVA

✦ 04 ✦

I want you to take a moment, sit quietly, and genuinely go through this Resource Vault.

This is one of the **best guides you can get because it's free**, even though resources like this are something many creators sell. I chose to give this to you for free because **I know that sometimes, we genuinely need a little favour**, a little guidance, or simply the right resources to help us get started.

So, I got you, girl. I'm a forensic psychology student, and this is the School of Divas team, a community and platform created by women who have dedicated themselves to helping other women grow.





WELCOME, DIVA

✦ 05 ✦



“We are for the girls.

We choose women every single day because women are creators. And we understand that society can sometimes place us in situations where we make random decisions, develop unhealthy patterns, and slowly begin to feel like we’re losing ourselves. And that is okay. What matters is that you recognize it and decide to do something about it.”

And this is not one of those courses or e books where everything has simply been generated by AI. I'm a human being, and I wrote and developed this guide using my own critical thinking, personal understanding, research, editing, and the power of technology to bring resources together for you.

I genuinely want to see you improve.

So, take your time.

**Read.
Explore.
Learn.
Apply.**

And most importantly,
choose yourself.

Welcome to your
Resource Vault, Diva.



Borcelle DISCIPLINE AND PRODUCTIVITY



← Watch this video.

I know our generation has confused discipline with workout videos and reading books. I understand. The aesthetic definition of discipline is waking up at 5 AM, working out, reading a book, drinking your water, and posting it online. But do you really know what discipline and productivity are, baby girl?

Discipline is not about looking disciplined. Discipline is about doing what needs to be done, even when you do not feel like doing it.

And when I say discipline can make you hot, I do not mean physically. I mean hot in achievements. Because when you become disciplined, you begin to build things. You finish what you start. You become more reliable to yourself. You create room for growth.

But sometimes, becoming productive is not as simple as telling yourself to work harder. Your environment matters. The people around you matter. The friendships you had to lose matter. The lifestyle you had to give up matters. Sometimes, you find yourself in an environment that makes it difficult to focus, grow, or even believe that you can become a different version of yourself. After a while, you may start calling yourself lazy when the real problem is that you have never created the conditions you need to thrive.

But do not worry. I got you.

Before you continue reading this section, I want you to do something. Write down the things you want to achieve this month. Write down the things you want to have, build, change, or work towards. Do not just think about them. Write them down right now as you are reading this guide.

Once you have written them down, I want you to go through the resources in this section.



DISCIPLINE AND PRODUCTIVITY

PODCASTS THAT CAN HELP YOU STAY PRODUCTIVE

One of my favorite things to do is listen to podcasts while I'm doing other activities, whether I'm going for a walk, working out, getting ready for the day, or simply doing chores around the house. Podcasts have become one of my favorite tools for staying disciplined, inspired, and creative. They help me learn new ideas, stay focused on my goals, and keep my mindset in the right place, even on days when motivation feels low. Since I started making podcasts part of my routine, my productivity has improved significantly, and I've learned so much from the people I listen to. To make things easier for you, I've put together some of my favorite recommendations. All you have to do is click the link below each one, and you'll have direct access to their pages.

PODCAST 01

MEL ROBBINS PODCAST

If you want to learn about discipline, mindset, personal development, and communication, this is one of the podcasts I highly recommend. Write this down in your journal and make it part of your learning routine. Use the link below to go directly to her channel.

[LINK](#)

PODCAST 03

ON PURPOSE PODCAST BY JAY SHETTY

If you are willing to grow your knowledge, understand relationships, learn about money, communication, networking, and personal development. I highly recommend exploring the Jay Shetty Podcast. You will also hear conversations with celebrities and other successful people sharing their experiences, struggles, lessons, and how they navigated difficult realities.

[LINK](#)

PODCAST 02

NO BOYS ALLOWED PODCAST BY NEETAH

Neetah's podcast focuses on topics around glow up, hygiene, self improvement, confidence, and becoming a better version of yourself. This is another free resource I am giving you. Click the link below this description and save her podcast so you can start listening to her content regularly.

[LINK](#)

PODCAST 04

CALL HER DADDY BY ALEXANDRA COOPER

If you enjoy conversations about relationships, confidence, personal experiences, dating, and navigating life as a woman, Call Her Daddy is a podcast worth exploring.

Alexandra Cooper has conversations with celebrities, experts, and different guests about relationships, personal growth, life experiences, and topics that many women can relate to. It is another podcast I recommend adding to your listening routine, especially when you want something entertaining, honest, and easy to listen to.

[Link](#)

THE FUTURE DEPENDS ON WHAT YOU DO TODAY.” — MAHATMA GANDHI

PLANNING AND HABIT TOOLS



If you want to **become more organized**, you need a system that helps you remember what needs to be done and actually follow through. **Planning apps, habit trackers, and digital journals** can help you **structure your days**, track your habits, set goals, and stay accountable.

But this section is not about giving you a long list of random apps to download. Instead, I want to **intro-duce you** to some of the tools that have personally helped me stay productive and more intentional with different areas of my life.

I have tools for **astrology and self discovery, finance, skincare, movement and** staying in shape, and I will be recommending them to you one by one throughout the next few pages. You do not need to use every app you find.

Explore the ones that genuinely fit your lifestyle, choose what works for you, and make it part of your routine.

PLAN IT. TRACK IT. FOLLOW THROUGH.

DISCIPLINE AND PRODUCTIVITY APP (FINANCE)

BAMBOO

LEARNING TO BE MORE INTENTIONAL WITH MY MONEY

Something I have been learning during my own financial glow up is that making money is only one part of the equation. You also need to learn what to do with the money you make. That is one of the reasons I started using Bamboo.

Before using an investment platform, I honestly did not pay as much attention to investing as I do now. Using Bamboo has helped me become more intentional about learning how investments work and thinking more seriously about my financial future.

What I like about Bamboo is that it gives me a simple way to explore different investment opportunities and learn more

For me, the biggest benefit has been the learning process. I have become more interested in understanding stocks, researching works. Lias, thinking about risk, and learning the difference between simply saving money and putting. And I think this is something more women should learn.

You do not have to know everything before you start. You can start by learning. Learn what a stock is. Learn about what you are putting your money into. Then, when you are ready, you can start small and build the habit of being more intentional with your money.

I do not use Bamboo because I believe investing is a shortcut to getting rich. I use it because it has helped me become more financially aware and more curious about building wealth. And that mindset shift alone has made a difference in the way I think about money.

If you are completely new to investing, I would encourage you to explore Bamboo, learn about the different options available, and take your time understanding what you are doing before putting your money into anything. Your financial glow up should not only be about making more money, It should also be about understanding the money you already have.



USE MY
REFERRAL
CODE:
EDITH698808

TO GET LIVE
STOCK
FASTER



CHECK OUT BAMBOO

DOWNLOAD THE APP LINK

SKIN BLISS

YOUR SKINCARE, BUT SMARTER



The second app I want you to check out is Skx Bliss. If you are serious about your skincare should be part of the conversation.

Skin Bliss is designed to help you understand your skincare routine and the products you are using.

You can explore products, ingredients, and skincare information and use the app to help you make more informed decisions about what you are putting on your skin.

Instead of randomly buying products because you saw them trending online, you can use a tool like Skin Bliss to become more intentional about your skincare choices.

Your glow up should not only be about looking good. It should also be about learning what works for you.



CHECK IT OUT

[!\[\]\(7453c0f29ed3a7dcecf77fe714fbbf84_img.jpg\) Link](#)

DISCIPLINE AND PRODUCTIVITY APP (BUSINESS & CONTENT
CREATION TOOLS)

BEACON

If you are serious about building something online, you need a place that brings everything together.

Beacons allows you to create a professional online space where you can showcase your content, social media platforms, products, services, and important links all in one place.

Whether you are starting a content creation journey, building a personal brand, launching a business, creating a digital storefront, or simply trying to make your online presence look more organised and professional, Beacons gives you the tools to do it without needing to build everything from scratch.

You can create a beautiful link in bio, customise your page, showcase what you offer, connect your social platforms, and create a space that feels like your own little corner of the internet.

If you have been saying, "I need somewhere to put everything," this is it.

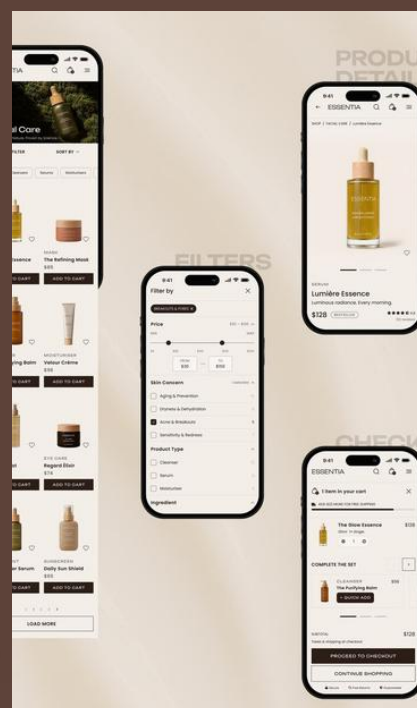
GET BEACONS WITH OUR REFERRAL LINK ↓

**EXPLORE MORE FOR
FREE BY US THE LINK
BELOW DIVA**

DOWNLOAD THE APP LINK



BEST WEBSITE
FINDS



A LITTLE APP THAT HELPS YOU STAY IN TOUCH WITH YOUR BODY



A LITTLE APP THAT HELPS YOU STAY IN TOUCH WITH YOUR BODY

Another app I have personally been using for years is **Meetyou**. Honestly, I have been using this app for about four years now, and it has become one of those little apps I like having on my phone because it helps me keep track of things that are easy to forget.

Meetyou is a period and pregnancy tracking app that also provides tools and information around female hygiene and women's health. I personally use it to keep track of my menstrual cycle and understand where I am within my cycle. Having everything recorded in one place makes it easier for me to pay attention to my body and notice my own patterns over time.

I think having a period tracker is one of those simple things that can make you more intentional about your personal routine. Instead of guessing when your period might come, you can keep a record and have a better idea of your cycle patterns.

And because I have personally used Meetyou for years, it is an app I can genuinely recommend exploring if you want a simple way to keep track of your cycle and become more aware of your body. Your body attention too.



[CHECK OUT MEETYOU](#)

[LINK](#)

YOUTUBE CHANNELS WORTH WATCHING

INTRODUCTION

One of the things I want you to become more intentional about is the content you consume. We spend so much time on our phones every day, scrolling through TikTok, Instagram, YouTube, and other platforms, but have you ever stopped to ask yourself what all that content is doing to you? Whether you realize it or not, what you constantly watch influences what you think about, what you become interested in, what you believe is possible for you, and even the kind of person you are slowly becoming.



This is why I want you to start paying attention to your YouTube feed. YouTube is not only a place for entertainment. It can also be one of the biggest free learning platforms available to you. You can learn about psychology, fitness, money, business, relationships, confidence, femininity, education, communication, productivity, health, creativity, and so much more. You do not have to spend hours studying every day either. Sometimes, simply watching a thoughtful video while eating, getting ready, cleaning your room, exercising, or taking a walk can introduce you to an idea that changes the way you see yourself or your life.

You do not have to know everything. You just have to remain willing to learn.

So, in this section, I have put together different YouTube channels and creators worth exploring across different areas of life. You may not connect with every recommendation, and that is completely fine. Explore the ones that speak to you. Save the ones you love. Take notes when something genuinely teaches you something useful. And most importantly, apply what you learn, because information becomes powerful when you actually use it.

YOUTUBE CHANNELS WORTH WATCHING

FITNESS

GROWINGANNANAS

If you are interested in body recomposition, growingannanas is another channel I genuinely recommend. I have personally used her workouts and love the variety of her training. Her workouts are a great option if you want to stay active, challenge your body, and work towards becoming stronger and more toned.



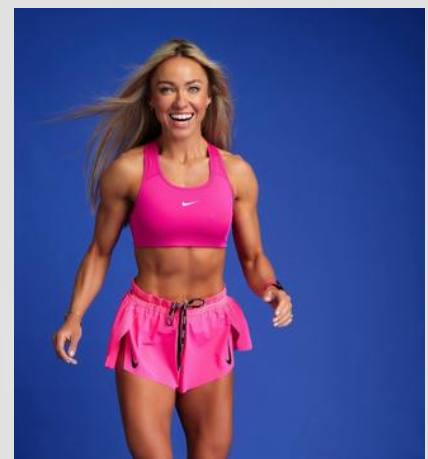
MARIE STEFFEN

For Pilates, Marie Steffen is one of my favourites. I have personally used her workouts and genuinely enjoy how they challenge your body while keeping the movements controlled and intentional. If you want to add Pilates to your routine, I highly recommend exploring her channel.



CAROLINE GIRVAN

If you want to build strength and muscle, Caroline Girvan is one of my strongest recommendations. I have personally used her workouts for years, and they have helped me become stronger, more toned, and more consistent with strength training. Her workouts are challenging, effective, and have become a regular part of my fitness journey.



YOUTUBE CHANNELS WORTH WATCHING

EDUCATION

JIM ROHN SEMINAR

If you want to learn more about personal development, discipline, mindset, success, and building a better life, Jim Rohn's teachings are worth exploring. His content is the kind of material you can return to repeatedly and learn something different from each time.



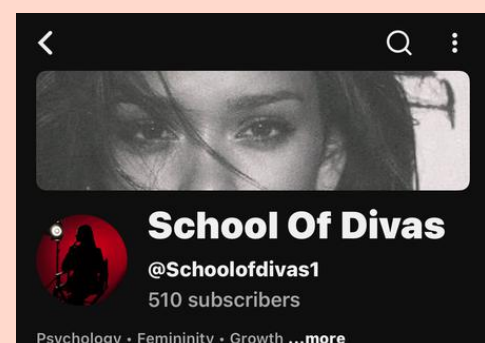
Psych2go

If you are interested in psychology and understanding human behaviour, Psycho is a channel worth exploring. It can help you become more curious about the way people think, behave, communicate, and respond to different situations.



SCHOOL OF DIVAS

And, of course, our own YouTube channel. School of Divas is where we share content created to help women become more confident, disciplined, knowledgeable, intentional, and ambitious. If you are already reading this Resource Vault, you already know what we are about, so make sure you subscribe and continue the journey with us.



YOUTUBE CHANNELS WORTH WATCHING

FEMINITY

Shera Seven (Sprinkle Sprinkle)

Shera Seven shares bold conversations about standards, boundaries, self-worth, confidence, and how women can stop settling for less. Her content encourages women to think strategically about their lives, relationships, and personal growth.



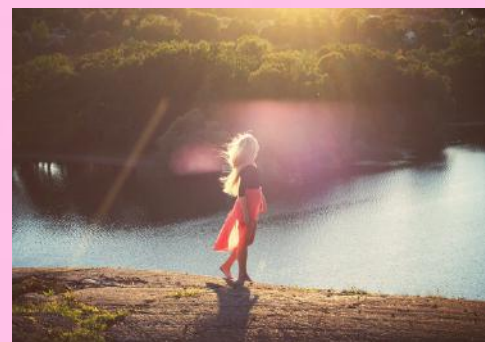
Anna Bey

Anna Bey focuses on elegance, etiquette, personal presentation, confidence, and self-development. Her content teaches women how to develop a more refined lifestyle, improve social skills, and carry themselves with confidence and grace.



Think Femininity

Think Femininity explores feminine energy, self-awareness, confidence, mindset, relationships, and personal growth. The channel provides practical advice for women who want to embrace their femininity while continuing to grow into their best selves.





FEMININITY & GLOW UP RESOURCES

INTRODUCTION TO FEMININITY

Femininity can mean different things to different women.

For some women, it may look like elegance, softness, and grace. For others, it may look like confidence, self-respect, emotional intelligence, personal style, discipline, or simply feeling comfortable in who they are.

There is no single way to be feminine.

What matters is understanding the kind of woman you want to become and intentionally building habits, qualities, and standards that reflect that version of you.

And this is where self-development becomes important.

The way we see ourselves can influence the way we behave, the choices we make, the standards we set, and even the environments we choose to surround ourselves with. When you begin becoming more intentional about yourself, you can start changing more than just your appearance. You can change the way you carry yourself, the way you think, and the way you show up in your own life.

Your femininity does not have to be performed for anyone.

It should feel like an expression of you.

So take what resonates with you, leave what doesn't, and remember that becoming more feminine is not about becoming someone else.

It is about becoming more intentional about the woman you already want to be.

GLOW UP RESOURCES

Every girl wants to feel attractive. Every girl wants beautiful skin, healthy hair, a body she feels confident in, clothes she loves, and that feeling

of looking in the mirror and actually loving what she sees. And there is

nothing wrong with wanting to improve your appearance.

GLOW UP RESOURCES

Let's be honest. Every girl wants to look pretty. Every girl wants to feel attractive. Every girl wants beautiful skin, healthy hair, a body she feels confident in, clothes she loves, and that feeling of looking in the mirror and actually loving what she sees.

And there is nothing wrong with wanting to improve your appearance. In fact, our appearance can influence how we feel about ourselves and how confidently we move through the world. When you start taking better care of yourself, creating healthier routines, and becoming more intentional about your appearance, that process can also become part of your wider personal growth journey.

But I know how overwhelming it can be. There are thousands of products, tools, books, journals, workout essentials, beauty products, and glow up resources everywhere you look.

So, I decided to make things much easier for you.

I know you want to glow up. I know you want to look good. I know you want to become that girl.

So instead of making you search endlessly for everything yourself, I have put together beautiful resources that you can explore for different areas of your glow up journey. And because I love you girls, I have also included resources and products with special discounts and offers wherever they are available.

All you have to do is turn the page. Explore the resources. Find what fits you. And start your glow up intentionally.

YOUR GLOW UP STARTS HERE.





SCHOOL OF DIVAS

THE IT'GIRLS SHOP

As a woman who loves to make things easy for other women, I have curated a list of items you need to start your glow up journey in 5 categories, which are:

Beauty & Glow Up | Fitness & Body | Psychology & Books! All you have to do is click on the link on each category to access my personal

Amazon store front where you can get discounts just by using the links on each category.



Beauty & Glow Up

Skincare, haircare, body care, supplements, beauty tools and more.

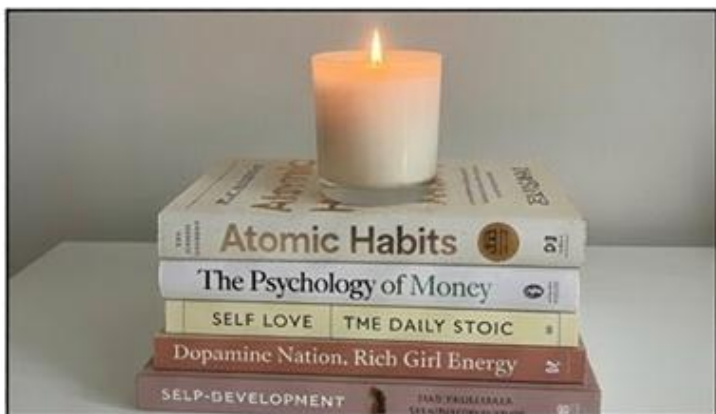
[SHOP NOW →](#)



Fitness & Body

Workouts, activewear, equipment, wellness essentials and more.

[SHOP NOW →](#)



Psychology & Books

Mindset, self development, confidence, discipline, finance and more.

[SHOP NOW →](#)

**YOUR NEXT FAVOURITE FIND
AWAITS, DIVA!**

We add new finds every week, so keep checking back! Shop through our Amazon links to discover available deals and discounts on your favourite picks.

Happy shopping, Diva!

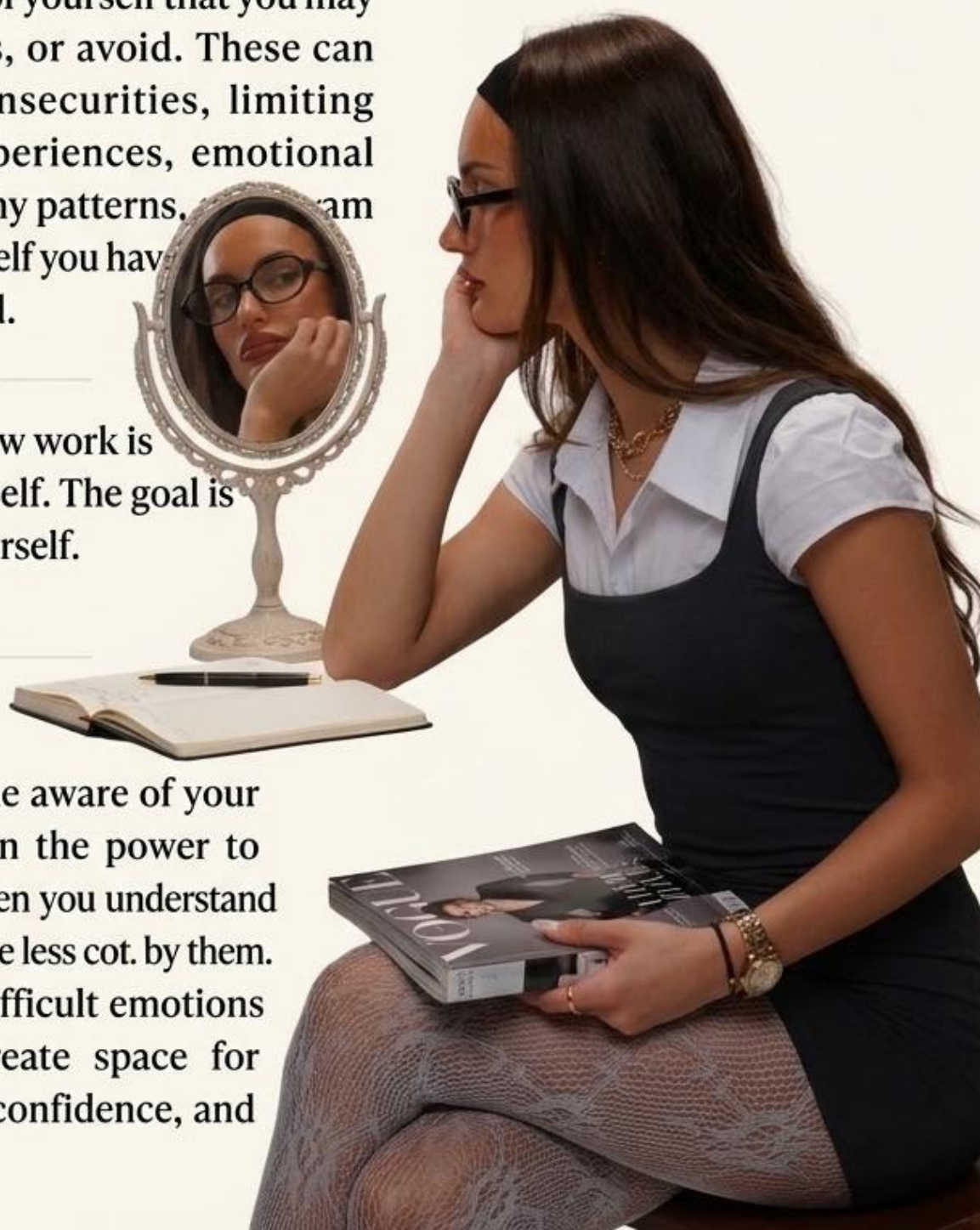
[SHOP NOW →](#)

SHADOW WORK

Shadow work is the practice of exploring the hidden parts of yourself that you may ignore, suppress, or avoid. These can include fears, insecurities, limiting beliefs, past experiences, emotional triggers, unhealthy patterns, and parts of yourself you have not fully accepted.

The goal of shadow work is not to judge yourself. The goal is to understand yourself.

When you become aware of your patterns, you gain the power to change them. When you understand triggers, you become less controlled by them. When you face difficult emotions honestly, you create space for growth, healing, confidence, and self awareness.



SHADOW WORK PROMPTS

Self awareness begins with asking yourself honest questions. Use these prompts to explore your thoughts, emotions, beliefs, habits, and patterns. There are no right or wrong answers, only opportunities to understand yourself more deeply.

REFLECTION PROMPTS

- What am I avoiding in my life right now?
- What situations trigger strong emotional reactions in me?
- What qualities do I admire in others that I wish I had?
- What qualities in others annoy me the most, and why?
- What limiting beliefs do I have about myself?
- What am I afraid people will discover about me?
- When do I feel most insecure?
- What childhood experiences still affect me today?
- What habits or patterns keep repeating in my life?
- What version of myself am I becoming?



CLOSING NOTE

Remember: self awareness is one of the greatest forms of personal growth. The more honest you are with yourself, the more intentional you can become about the life you create.

YOUR NEXT STEP

Now that you have made it this far, I want you to stop for a moment.

You have read through this Resource Vault. You have explored resources for your mindset, discipline, productivity, self awareness, femininity, confidence, your body body, your finances, and your personal growth.

But information alone will not change your life. At some point, you have to decide what you are actually going to do with everything you have learned.

So sit down with yourself. Put your phone away. Get a notebook, open your notes app, or simply sit somewhere quiet and think. Ask yourself:

What kind of woman do I actually want to become?



What do I want my life to look like?



What kind of career or business interests me?



What skills do I want to develop?



What do I want to learn?



What habits do I need to build?



YOUR NEXT STEP



CURATED REFLECTION QUESTIONS:

What is one of the exact next developments?

What time do you think about personal development?

What are the most successful writers and social personal upgraders?

What is the involvement structure in your personal development?

YOUR REFLECTION

- What your analysis of the personal solution great, continue personaments?
- What your need is test/s you think to where your ventures?
- What your antirectant books weecins to edvcate your next armools and lect our personalisge?
- What your personal canver and seems what your person?
- How do your endentmsult to warts your personal development?
- What is the tamblant my staraway and optimis for your strategy?
- What your realiorament for your personal grow and personal growth.

YOUR LIFE WILL NOT CHANGE BECAUSE YOU READ THIS RESOURCE VAULT. IT WILL CHANGE WHEN YOU START USING WHAT YOU LEARNED.

WANNA GO DEEPER?

You can join our WhatsApp, Discord, and Telegram communities using the link in our TikTok bio. We have more coming for you on our YouTube channel, so anticipate.

Lastly, if you want to start a business, learn a skill, partner with us as a creator or app, **advertise your products or videos with us**, contact us at mindsetscribe@gmail.com. You can also seek or book therapy with us using the number in our bio.



THERE IS SO MUCH MORE TO COME.