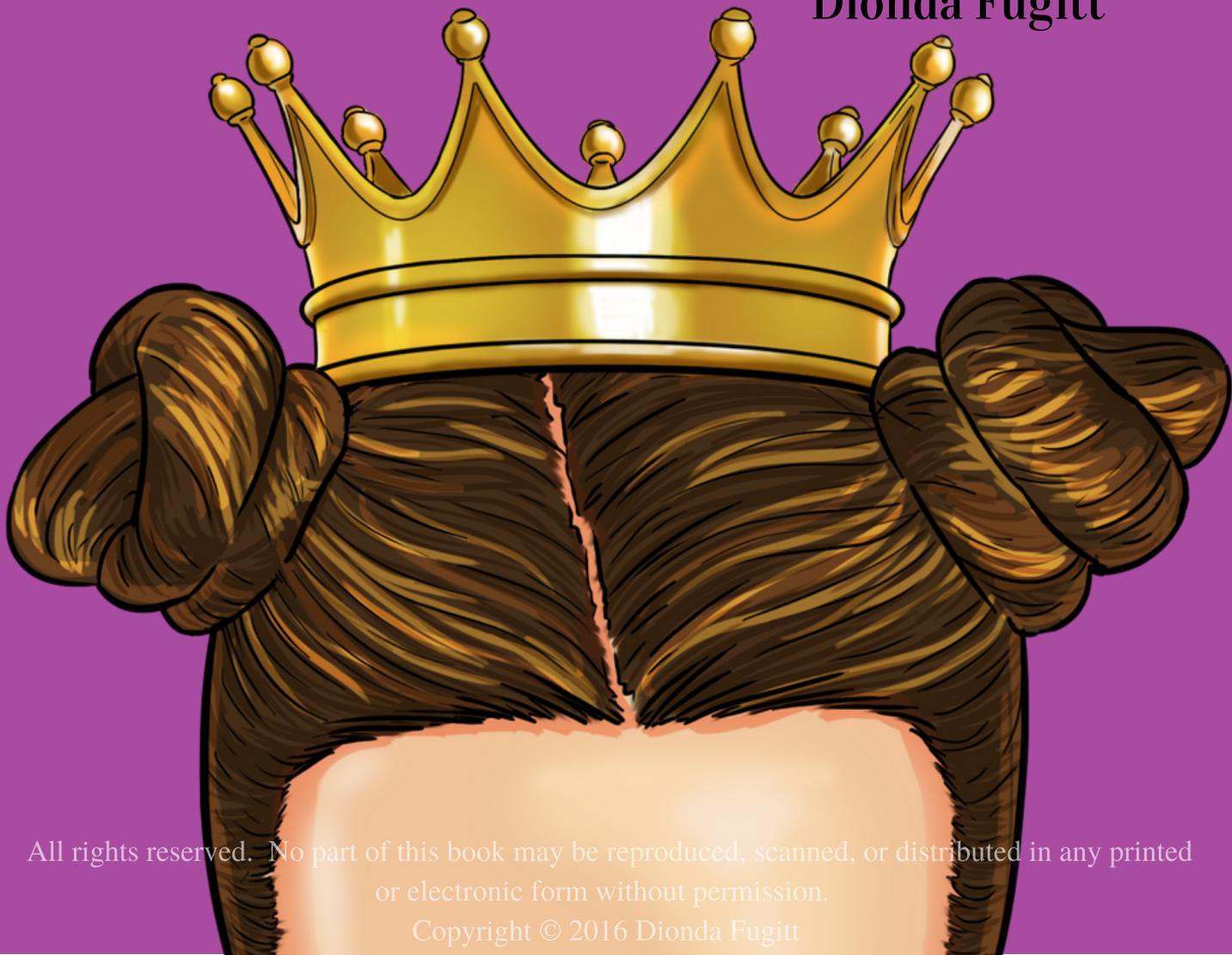


Adjust Your Crown

The Little Ladies' Secret Handbook

Dionda Fugitt



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Be YOU tiful. I have no idea who came up with that, but they are amazing! Why? Because - YOU are beautiful, when you are being yourself.

Who are you? YES - you have a name. But who is that person? What do you like to do for fun? What do you want to do with the rest of your life? You have an unlimited amount of years left on this earth and YOU can take the lead and design the life of your dreams. First, you must find out who you are. You can be a President, Astronaut or even the Doctor who cures all sicknesses. Starting today, get to know yourself. Find out who you are because you are someone's role model. You are the one who will turn someone's frown upside down. You are someone who will change the next person's outlook on life and possibly even save a life. You have the power to inspire and save the earth...or even Pluto, maybe Mars needs your help also, so let's get to it!

You have a story. Maybe you stood up to a bully or have become a spelling bee champion. You have a story. Whatever you have done thus far in life, it is extraordinary. If you are in 5th grade and have become friends with a preschooler then taught them geometry, that's a story be told! Do not be afraid to let your inner light shine. Everyone, including yourself, has a light inside of them that is waiting to shine. Do not hide your awesomeness. If you don't know how to start, ask your parents for help. It is time that we, as young ladies, get to know who we are and what our purpose is. We are all on earth to do something amazingly awesome. I am sure once you find your light, you will let it guide you.

With little to no guidance, it took me years to find my inner peace. It is just something that a lot of people do not talk about. While searching for my inner peace, I found a bit more. For instance, I have never been one to sit still long enough to focus on one long term goal. During my search for inner peace, I have learned that it is okay.

It is actually exciting for some, like myself. I am a certified Medical Assistant, certified and well experienced Planner, Consultant and Coordinator with my own event logistics boutique (fancy schmancy for Event Planner's business), a half degree in Business Administration/Marketing major, as well as an author. I started writing poetry in middle school and have entered numerous contest. I have also written a series of books for toddlers! Now, at the time of writing this book, I have not yet published the series of books for toddlers, but they have been written. I have touched on all of my interest in life. I have glided every river my boat of life has floated and I have not fallen out. I have no regrets. WAIT! Let me clear the air. I am not telling you to skip out on college and be a hippie, unless you are great at it and that is your ultimate goal. I am simply saying this: be yourself and live your truth. If you truthfully love animals, love any and all animals of your choice. Be in love with animals and be great at loving animals. I am sure the animals will love you just as much. If you love to paint with your toes, do it and be great at it! Sale your toe paintings so you can make millions of dollars a month and paint for the rest of your life. Be who YOU are. Be-YOU-tiful! You deserve to be happy. You deserve to be you because, well honestly, you rock! Your parents designed you to be a perfect individual and that is what you are today. So be yourself and be great at being your amazing self.

“Today you are You, that is truer than true. There is no one alive who is Youer than You.” — Dr. Seuss

Thank You

for taking time out of your
day to
read an excerpt from
"Adjust Your Crown".

I appreciate your time as
well as your feedback.

Please use the space below
for remarks on the above
section.