

2024 Edition



SAUDI DIVA
Create Your Reality

Create Your Reality





Welcome. I'm Nada Al Ghowainim, a journalism graduate and wellness blogger who launched Saudi Diva in 2012 to empower, inspire, and delight people worldwide. As a Saudi Arabian woman, journalist, and author, I strive to change perspectives on what it means to be an Arabic woman in the 21st century. My writing, focused on wellness, self-reflection, mindset, spiritual growth, and manifestation, resonates deeply with readers. My debut ebook, drawing from personal experiences of healing and enlightenment, offers readers a mirror to their own transformative journeys.



www.saudidiva.com

My Story

“Embrace your uniqueness and watch your life transform.”

A free spirit, a knowledge seeker, an eternal optimist, a writer, a conversationalist, and a soul searcher.

Throughout my life, two constants remain:

- I am on an endless journey of personal development, evolution, and growth.
- I maintain positivity, generosity, and productivity regardless of the circumstances I encounter.



“Emotions are a reflection of the quality of our thoughts.”

Those who are close to me describe me as someone who is always smiling and emitting positive vibes and good energy.

Does this mean that I had things easy or I didn't struggle? This is far from the truth. In fact, I can say that I had a challenging life and an interesting past. This life happened FOR me - as life always does.

Everything that I've experienced and continue to experience is part of my journey to becoming the person who I was born to be.

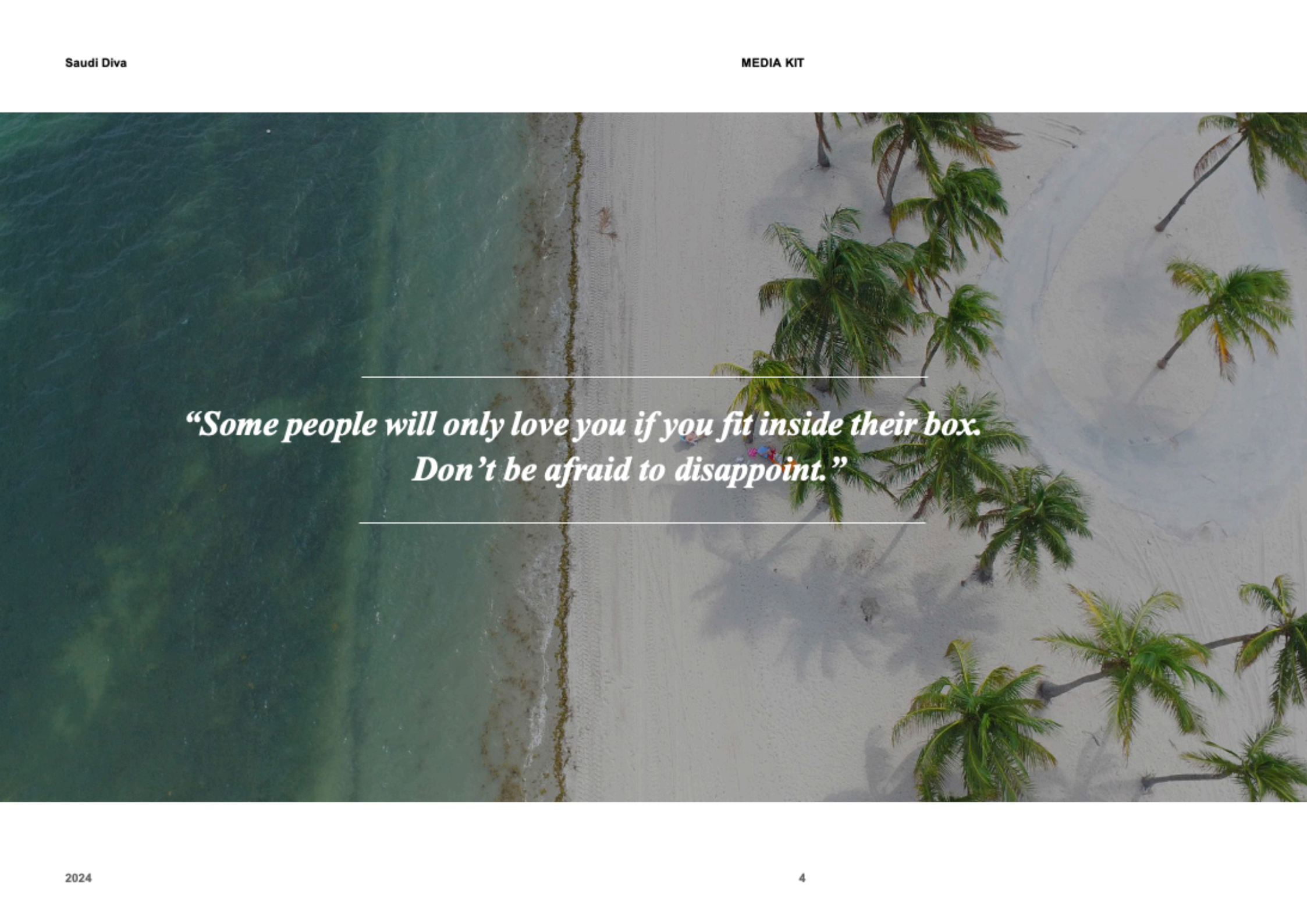
With every passing by, I learn to trust the process of the Universe even more.

When you believe that everything (including the negative situations) are happening for you, you start to let life flow through you and you stop resisting or going against the current. When you tap into your intuition and inner self, life gets much easier. When you are grateful for the blessings that you already have, you attract abundance. When you focus on what you want and continue to move in its path regardless of what others think or say, miracles happen.

It all begins with a shift in your mindset. You are capable of transforming yourself, your energy and your entire life. With my personal experience, guidance and the use of some powerful tips and techniques, I can empower you to create the life that you want and to become the person who you were truly born to be.

*With love,
♥ Saudi Diva*



An aerial photograph of a tropical beach. The left side shows the turquoise ocean with gentle waves washing onto a white sandy shore. The right side is dominated by several lush green palm trees scattered across the sand. The overall scene is serene and idyllic.

*“Some people will only love you if you fit inside their box.
Don’t be afraid to disappoint.”*



Imagine waking up as the person you always wanted to be. Can you picture them? How do they look, act, and think?

I'm excited to introduce my new e-book, **The Insecure Girl's Guide to Manifesting True Love**. This guide isn't just about finding romantic love; it's about embracing self-love to attract meaningful relationships, acknowledging that the love we seek mirrors the love we offer ourselves.

The book shares insights on appreciating your worth, setting the standard for how others treat you. It provides tools for healing past wounds and fostering future joy and healthy connections.

You'll learn to clearly define and communicate your relationship expectations, empowering you to form supportive, enriching connections. I also share mindfulness practices for better emotional health, preparing you for love in all its forms.

This eBook aims to transform how you view yourself and interact with others, offering actionable advice that can change your relationships. To discover more about how this book can assist you, [click here](#).

Thank you for being part of your journey to self-discovery and meaningful connections. I look forward to hearing about your transformations.

THIS BOOK WILL HELP YOU WITH:

Self-Worth Transformation:

Learn to deeply appreciate your own worth, setting the standard for how others will treat you.

Healing Past Wounds: Gain tools to address and heal past emotional hurts, paving the way for joyful and healthy future relationships.

Clear Relationship Expectations:

Discover how to define and communicate your needs effectively, empowering you to form genuinely supportive connections.

Daily Mindfulness Practices:

Incorporate simple yet impactful mindfulness techniques to enhance your emotional health and readiness for love.

Actionable Advice:

Benefit from practical insights and strategies designed to transform your view of yourself and improve how you engage with others.



Let's

Connect!