



Dianne M. Daniels
Course Creator | Blogger | UU Minister

Dianne M. Daniels is on a mission to empower women 60+ to uplift their Souls and build Healthy Self-Esteem using the proven power of Journaling & Affirmations, so they can create & manifest the lives they want and deserve to live.

As Seen In



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SERMON TOPICS

- Core Values, Beliefs and Spiritual Development
- Spiritual Resilience: Hanging Tough
- Renewing Your Spirit
- Getting & Staying Inspired in Difficult Times
- The Deeper Meaning of Being Happy

PRAISE FOR DIANNE

"The definition of explosive - prepare yourself for words of wisdom, years of experience, and a powerfully dynamic speaking experience."

Dwayne Hills

Dianne's Most Popular Topics

Affirmations - Change Your Mind & Your Life One Day at a Time

We are bombarded by messages all day long - advertising and marketing, conversations with our fellow human beings, and the stream of thoughts running through our own heads.

In this session, you'll learn how to reinforce the positive and turn a negative thought habit around using Affirmations and Action.

Journaling - Possibilities, Benefits & Getting Started

Influential people throughout human history have used written journals to document, explore, and change their lives.

In this session, you'll learn how a journal can serve as a "relief valve" for strong emotions, help improve your mental health, plan and achieve goals, and boost creativity.