

# Marla Diann

STAND FOR YOUR  
WORTH & DIGNITY



After coaching for 12 years, I believe one of the most challenging behavior changes for high achieving women due to stereotypes society has taught us over the last four decades is feeling empowered, strong yet feminine without all the guilt.

Right?

There are countless studies too many to recite here that examine this very topic, but you know exactly what I mean. Here's is a perfect expression of this from a client who is seeking to transform her "nice" girl imprint:

"As a woman, I want to say that in business, this is not just a man's world, and I want to be strong and feminine at the same time. I want to be seen as being powerful and kind. What is holding me back is being viewed as a b-i-t---h and not kind. My mother always said, "it's nice to be important, but it's important to be nice." So, I guess that stuck with me. Why can't I be both?"

There you have it. The imprint thousands and thousands of women are carrying around from OLD belief systems that no longer fit our modern times. So, what do you do?

**Stand for Your Worth & Dignity™ © 2021 ~ Palos Verdes Estates, CA ~ support@marladiann.com**

You learn the updated version of having a masterful blend of both – the masculine and feminine. So, yes my dear, you absolutely can have both and today's modern woman is doing just that!

It's a matter of retraining your mindset to let go of the old patterns and belief systems while choosing behaviors that align with a confident, empowered, and smart woman who lives more often in her feminine energy.

What does that look like?

**Choose to no longer be available for consistent masculine energy** and learn to catch yourself while in the drive, linear, goal getting, structured mode TOO long. I learned there is a masterful blend of both when running a business or career. It's called strengthening your intuitive muscle and lean on that way more often. Easier said than done, I know. But what behavior change doesn't take focused effort and a deep commitment?



You want life to be more in the flow with great results and less grind and hustle?  
Be committed to the change.

When we are aware of our empowered feminine and use it often, we will speak with confidence and have no reason at all to apologize or feel guilty we are coming on too strong. Grace, ease and confidence. Doesn't that feel good? You are commanding, not demanding. You command a room or a conversation. Be kind. Be graceful. Be joyful. Be centered. Be confident. Try it.

I choose more often to feel inspired, focused, authentic, calm and open to receiving the good *along the way to the goal*. When you commit to transforming your mindset and stay accountable to this, you will experience change. **I'm a big advocate of INSPIRED ACTION not massive action.**

**Here are the differences:**

**Massive action:** This feels and looks like the masculine, linear, go-for-it mentality. The mindset is it's all up to you to make it happen with sheer will power. Warning: this leads to hitting the wall and burn out.

**Inspired action:** This is the intuitive and the self-care route to achieving your goal(s). You are conscious of self-care during the actions you need to take along the way to achieving the goal.

**Stand for Your Worth & Dignity™ © 2021 ~ Palos Verdes Estates, CA ~ support@marladiann.com**

With inspired action, you partner with Universal Intelligence requesting guidance to support achieving your goals.

This comes by way of having a partnership mentality with your higher power (and Universal energy) and claiming the goal with certainty, faith, trust, grace and ease.

The secret sauce is to be open to receiving intuitive direction. Be in a place of “receiving” while taking inspired action. This is your feminine power at its best.

Let’s get clear on what traits are considered masculine and feminine. My aspiration for you is to live and work in a **masterful blend of both**. NOTE: When driven, powerful women operate too much in the masculine mode (imbalance) they burn out often and shut their heart down (feelings, intuition, creativity).

From my own mentor/coach, Gina DeVee, quoted from her book, “**The Audacity to Be Queen,**” here is a list of traits to help you understand even more how to lead with inspired action:

**Feminine Power:** Intuitive, visionary, creative, expansive, feeling, emotion, spontaneous, playful, collaborative, beautiful, spiritual, dynamic, circular, vulnerable, nurturer, community gathering, receiving.

**Masculine energy:** Doing, thinking, protection, giving, predictable, logical, results-oriented, linear, goal setting, functional, systems, structure, strategy, sturdy, provider, independent.

Now that’s standing for your worth and dignity.

Build on your most natural traits, the feminine power. Our dear mothers, aunts, and sisters were not trained or influenced to behave like this. Today is a new day.

You already have the masculine down. Now blend it with the feminine by listening to your body. When you feel like you are spinning out, breathing shallow, and feeling tense for too long, that’s a big sign to let go, shift your energy, pull away, go for a walk, grab a juice to drink, anything to break the pattern. The more you do this, the more you will develop a new normal.

Abundance and joy,

*marla*

