

# CONSCIOUS DIVAS

## Conscious Divas Submission Guidelines for Guest Contributors

Thanks for your interest in submitting an article to Conscious Divas as a guest contributor. To guide you through the submission process we've summarized what we're looking for in an article and our review process.

ConsciousDivas.com is a place where women come for knowledge, wisdom and tips on how to create a deeper connection with themselves, experience positive shifts in their health, wealth and relationships; while enjoying more fun, peace and ease in their life. Our mission is to bring together amazing resources and cutting-edge experts in one easy to navigate hot spot.

Conscious Divas's audience is very passionate and motivated about being the best version of themselves by expanding their connection to self, mastering their mindset and experiencing optimal health, happiness and spiritual growth to experience life fully. We welcome over 3,000 visitors to our site per month. Most of our readers are women between the ages of 25 and 55 years old.

Below are the categories in which your article would fit within:

**Conscious Creator** - She wants to be inspired and empowered to become the creator of her own life and take responsibility for it. She wants to manifest her ideal life, and is looking for simple tips and tools to help her achieve this. She would like new ways to set goals and be held accountable, so that she is more effective. She is looking for new simple ways to make the process of attracting what she wants clearer. She would like to understand the Universal Laws, and know how she can use them simply but effectively in her every day life, so she can create the joy and love she so desires.

**Inner Diva** - She is looking to be inspired and empowered that she has all the answers to life's journey. She is becoming aware that as a woman she has access to something extremely powerful called her intuition- Inner Diva. She is looking for simple ways to connect with her inner diva. She is open to learning about meditation or taking it to a deeper level. She is looking for assistance and guidance to help her create space and a routine to honour herself daily/weekly etc. She is beginning to understand that in order to thrive in all areas of her life, she must find ways to connect with her inner diva on a more regular basis. She understands there is a mind Body connection and she seeks to learn more about how this has an impact on her health, wealth, career, relationships and joy.

**Conscious Love** - She is looking for simple but effective ways to increase her own self-love and deepen her relationship with her inner diva. She is becoming aware that in order to give and receive love, her love for herself is a key factor She is more open than ever to explore her own sexuality and how that contributes to her optimal health, relationships and self-love. As a woman she is starting to understand how creating change within has a powerful impact on her family, friends and the community. Her relationships with her family and friends are a key component in her life. She is looking for ways to

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communicate more effectively, take responsibility for her role in her relationships and create a space for more emotional honesty, ultimately creating stronger foundations and more meaningful relationships. She is looking for ways to create these changes and shifts for her family's happiness.

**Healthy Diva** - Her health is a priority in her life, and she is starting to understand that healthy means having both physical and emotional wellness. She understands that exercise is an important part of physical health, and is looking for guidance on how to best incorporate it into her wellness regime. She also recognizes that the intention around exercise is also key to create more vibrancy and vitality in her life. She knows exercise nourishes her Inner Diva. She is always looking for new ways to combine a kick ass workout, while having fun and loving the experience. She embraces new trends when it suits her style. She eats for nourishment and enjoyment. She loves food and the experience around it. She is conscious of what she eats whether its is a new vegetarian recipe she is testing out, treating herself to dark chocolate or tasting the finest wine. She is looking for the latest trends and research on healthy food. She is keen to expand her array of healthy fun recipes.

**Conscious Mom** - She is constantly looking for new tips and tools to help her in being an amazing parent. She is willing to try new techniques and wisdom that will enhance her relationship with her children. She is aware that her greatest teachers are her children. She is keen to empower her children to express their greatest gifts. Her children's health and happiness are one of her main priorities. She is consciously looking for the best alternatives when considering her family's health and well-being. She is starting to understand that valuing herself and her time is a key piece to being an amazing parent, and she is looking for simple tips and tools that will help her achieve this.

## HOW TO SUBMIT AN ARTICLE FOR CONSIDERATION

### Follow These Guidelines for Writing Your Article

- Each article should be between 600 - 1,000 words.
- Include a suggested title on the first line.
- Submit a relevant photo(s) to be used with post.
- You may submit Video(s) as separate files or links, but we cannot guarantee they will be used.
- Keep in mind that while we're happy to help you promote your website, organization, event or products, we don't want that to be the main focus of your post.
- We prefer to minimize external links and may delete them from your article at our discretion.
- We may ask you to tweak the content if we find your submission is not a good fit initially.
- We prefer articles that are engaging personal narratives and/or educate the reader with specific advice, guidance or tips.
- Please include facebook posts and tweets at the bottom of your post to support promotion. You

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may include @ to link them to your personal twitter and facebook page.

- Include an image of yourself and a 50-word bio at the end of your article. You may include a link to your website in your bio.

We appreciate articles with a fun “live like you mean it” spirit that shows how adversity can be a catalyst for positive change.

In addition to the guidelines above, the qualities we look for in potential articles are:

- New and original content
- Personal stories of courage and triumph
- Different perspectives on solving a familiar problem
- How-to articles that provide unique or useful tips, tricks and resources

You may also find it helpful to review blogs we’ve already published on our site at [consciousdivas.com](http://consciousdivas.com).

Here are some examples that we feel especially reflect the spirit of Conscious Divas:

- <http://www.consciousdivas.com/melissaerinmonahan/being-the-one-in-a-post-carrie-bradshaw-world>
- <http://www.consciousdivas.com/hillaryrubin/why-confidence-is-sexy-rigidity-isn't>
- <http://www.consciousdivas.com/alycia-hall/are-you-worried-about-what-other-people-think-of-you>
- <http://www.consciousdivas.com/lindyhughes/taming-the-dragon>
- <http://www.consciousdivas.com/kim-anami/sexual-energy-is-your-super-fuel>
- [http://www.consciousdivas.com/amber\\_ludwig/no-guts-no-glory-understanding-the-shift-to-get-you-where-you-want-to-go-in-life](http://www.consciousdivas.com/amber_ludwig/no-guts-no-glory-understanding-the-shift-to-get-you-where-you-want-to-go-in-life)

## Email Your Article Submission

Article submissions should be emailed as a Microsoft Word or text file attachment or in the body of the email message to [contribute@consciousdivas.com](mailto:contribute@consciousdivas.com)

**Acceptable file formats for attached files are .doc, .docx and .txt.**

**Please include your full name, and links to your website, Twitter and Facebook profiles (if you have them) in your email along with your article submission.**

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## After Submission

We'll get back to you within 1-4 weeks to let you know if your submission has been accepted.

If your submission is accepted, our team of copy editors will review it. We cannot guarantee your article will be posted soon, as it will be scheduled once approved. We may also change the title to meet our editorial guidelines.

About one day before publishing, we'll email you the direct link and ask that you share your guest post on your site, email and/or through Twitter and Facebook.

We'll also promote your article to more than on our Conscious Divas Facebook Fan Page, our founders Kate Muker & Julia King's personal Facebook Pages, to our Twitter followers and highlight it on our weekly email newsletter.