

Crown Guidance[👑]

stop performing, start becoming

Crown Guidance is a safe space for young women to step away from the noise and discover who they are beneath the expectations. Through journals, seminars, and real conversations, we help you stop performing for the world and start becoming who you were always meant to be.

Meet Marisa:

Hi,

I'm Marisa DeVicaris, the founder and voice behind Crown Guidance.

For most of my life, I was the girl who smiled, said yes, and kept everyone else happy – even when it left me drained and doubting myself. I thought if I worked harder, pleased more people, and kept performing, I'd finally feel “enough.” But instead, I lost sight of who I really was. I became exhausted, unsure, and resentful of those around me.

My turning point came when I realized that peace doesn't come from pleasing others; it comes from learning to love yourself. From honoring your own boundaries. From choosing authenticity over performance.

That moment reshaped everything. I finally chose my own happiness. As a result, my relationships deepened, my work found purpose, and the heaviness I carried turned into clarity.

Now, through Crown Guidance, I help young women navigate the same journey:

- *From noise to clarity*
- *From performance to presence*
- *From self-doubt to self-trust*

I learned to stop performing and start becoming.

I created journals, seminars, and safe spaces because I believe this: you don't have to perform your way to belonging. You already belong – just as you are.

Whether you're writing in your journal, sitting in a seminar, or sharing stories in a circle, my hope is that you feel seen, supported, and reminded of this truth: your authenticity is your crown.

Marisa

