

Debra Stangl: Leading "Best in Sedona" Retreats to Transform Lives One Soul at a Time

In this Episode:

- How she is evolving her retreat-focused business to serve her communities by helping bring the world out of fear.
- The energetic space that we are moving into and building the connection around it
- Unhappy marriage, \$50k debt, 40-lb overweight: how Debra overcame these unhappy places
- Debra's soul adventure and her recognition of self-love
- How Debra envisioned her mission to help others and transform lives one soul at a time

Quotes from this Episode:

"It's a gear up to ask myself: 'what can I do to help?'" —Debra Stangl

"We are being called on to do things differently." —Debra Stangl

"I finally came out of space of being unhappy and blaming everyone and everything else for it."
—Debra Stangl

"When I started loving myself, that's when I started taking responsibility for my life." —Debra Stangl

"You can create your own reality, and you can change it to what you want." —Debra Stangl

"Connect with yourselves first so you can also connect with others." —Debra Stangl

3 Pearls of Wisdom:

1. "Our thoughts are everything. You are what you think."
2. "You can transform every part of your life & relationship. You just have to figure out how to change the way you're thinking & feeling."
3. "You get to decide which way to go."

Resources:

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LinkedIn: <https://www.linkedin.com/in/debrastangl/>

Facebook: <https://web.facebook.com/SedonaSoulAdventures/>

Twitter: <https://twitter.com/SedonaSoul/>

Sedona Soul Adventures: <https://sedonasouladventures.com/>

Link to show: <https://www.kamiguilddner.com/ewr-debra-stangl-162/>

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