

Malvina Messler, Unleash Your Potential: A Journey to Breakthrough and Purpose - Episode 322

In this Episode:

- Discover Malvina's transformative journey and how she found an unconventional and fulfilling path. Explore how breaking the routine and immersing yourself in new environments can lead to personal growth and self-discovery
- Find out how you can show up in your business while also living life to the fullest
- Understand the importance of embracing change and cultivating a growth mindset
- Learn how Malvina's retreat in Paris became a turning point in her life and discover how it gave her the courage and clarity to reshape her path
- Become the CEO of your life from the inside out and break free from conditioned beliefs and self-doubt to lead your life on your terms
- Incorporate a powerful daily ritual into your life to nurture self-compassion, silence negative self-talk, and celebrate gratitude, self-forgiveness, and personal achievements

Notable Quotes:

"I gotta follow that divine spark that is leading me there because I strongly believe that that's our intuition speaking to us."

"I learned how to navigate change by defending fear."

"The more we love ourselves, the more we expand our capacity to love others."

"Before we can work on our confidence and on releasing self-doubt, we should start working on self-forgiveness and self-acceptance because we are so hard on ourselves."

Pearls of Wisdom:

1. Honor what you feel in your heart because that will never betray you.
2. Find time for play and curiosity.
3. Make time to create your vision for the future you desire to experience.

Resources:

Malvina Messler is a Quantum Success Coach, Speaker, Author, and Paris Retreat Host extraordinaire. Malvina is a co-founder of a national franchise brand and a former vice president of two technology companies, Malvina empowers women to unleash their inner CEO energy and design lives on their terms and she has done just that by embracing a global lifestyle, dividing her time between Colorado, California, and Paris, where she hosts her signature women's retreat.

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Paris Retreat: <https://www.malvinamessler.com/paris-retreat/>

Self-love affirmations: <https://www.youtube.com/watch?v=rrTSIUJ19Jk>

Get-Unstuck Guide: <https://www.malvinamessler.com/get-unstuck-guide/>

Link to this show: <https://www.kamiguildner.com/ewr-malvina-messler-eps-322/>

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