

Sibyl

MAGAZINE
FOR THE SPIRIT & SOUL OF WOMAN



Marla Diann - Mentor to Creative Entrepreneurs
Piazza del Duomo, Florence Italy - my soul space
XO

Marla Diann
STAND FOR YOUR
WORTH & DIGNITY

Success coach, spiritual mentor and business strategist for creatives

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Hello!

I take you to Florence, Italy in my May 2020 article, **EAT, PLAY, LOVE story.**

This story reflects how that travel was my first real “transformational travel” experience. “TT” is very empowering because it causes you to relook at your life and do some serious self-discovery.

As I share, in 2017 and 2018, I had my share of new experiences, new cultures and new mindset shifts in how to live life differently thanks to my month-long stay in Florence, Italy. As a result, I came up with 10 Simple Truths Living Like an Italian!

Come share IG with me

- **@marladiann_mentor_to_creatives.**

Let's have a comfortable, supportive no-cost conversation about your **desires** and see where it goes.

Email support@marladiann.com to schedule our time together.

Much love and appreciation,

Sibyl **MAGAZINE**
"Ordinary Women Sharing Extraordinary Insights"
FOR THE SPIRIT & SOUL OF WOMAN
INTRODUCING THIS YEAR'S CONTRIBUTING ARTICLE WRITERS 2020

YOU too can become a writer for Sibyl Magazine. Editors are now accepting article submissions. ONLY 25 women selected. View Submission Guidelines inside!

 Brenda Pitout	 Carol V. Meyer	 Cynthia Harris	 Dani Andersen		
 Danielle Schooch	 Gail Gibson	 Jill Bittering	 Kara Lambert	 Keita Annie Whitten-Foster	 Kimberly Hambrick
 Lee Steem	 Lynley Evans	 Margie Batson	 Marie Brunger	 Marla Diann	 Martine Negro
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STAND FOR YOUR WORTH AND DIGNITY

Eat Play Love

By Marla Diann

With travel come new experiences, new cultures and new mindset shifts. In the human potential and self-development field we lovingly call this transformational travel. The ancient poet, Rumi, has a beautiful quote that speaks well to this, "Travel brings power and love back into your life." (When we are beyond the COVID crisis)

How many times have you arrived back home after a remarkable vacation or extended time in another country only to resume life back to normal? The transformational travel principle inspires you to integrate your internal changes once you return back home so you sustain the much-needed change and not return back to the way it was prior to leaving.

The travel experience is very empowering because it causes you to relook at your life and do some serious self-discovery. In 2017 and 2018 I had my share of new experiences, new cultures and new mindset shifts in how to live life differently thanks to my month long stay in Florence, Italy and the following year in Cortona, Rome and Lake Como. I affectionately named it Eat, Play, Love.

Today, my life still remains changed because I consciously integrated the new Marla once I returned home from both trips. I didn't want life to be the same! That's why I traveled.

For fun, I came up with 10 simple truths I learned while living like an Italian, which changed the texture and essence of my life when I returned home. These became my new normal. There is something extra special about Italian life where it's the quality; not the quantity that counts. Their priorities are beautiful. People, connection, love, family, food, cooking, gathering, travel, wine and then you work. A simple quality life is not sacrificed for work.

10 Simple Truths Living Like an Italian!

1. Slow down. Play more. Ride a bike. Drive a Vespa.
2. Enjoy life. Stop working so hard. Trust the money will be there.
3. Meals made from scratch will heal your body and soul.
4. Take 2-3 weeks off in August to enjoy time with self, family, and travel.
5. Vision and design big art and architecture but live a simple, uncomplicated life. That's abundance.
6. La Famiglia is key to a quality life. Be kind to each other. Be loyal. Eat dinner together. Laugh.
7. Sip and drink good wine with friends often under the moonlight in an outside cafe.
8. Walk to the grocery store. Choose plenty of fresh fruit and vegetables.
9. Embrace romance as if your well-being depended on it. Because it does.
10. Wash your clothes with fabric softener. Hang dry in the sun. Dryers are for convenience and use a ton of energy. Use that energy bill you would have paid for finer things in life. Like travel.

La Dolce Vita!

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California, USA

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your
Desires
will
cost you.

By integrating personal development, spiritual mentorship, financial and business coaching, you have a path to a thriving, profitable creative business.

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