

STELLAR *Life*

Hosted By *Orion*

Confidence & Having the Best Day Ever!

Transcript and 10 Point Checklist
Dr. Sky Blossoms

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Once you own yourself, you don't need to do anything to be a gift to the world. By being who you truly are, you are a gift."

DR. SKY BLOSSOMS

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Commit to figuratively embracing other women in every environment, and focus on uniting with them rather than being drawn into competition.
- Resolve not to fight over a man. Any man you need to fight for probably isn't one you want anyway; Mr. Right should claim you and be devoted to you.
- Look for examples of women whose lives are similar to what you aspire to, and use that as inspiration to rise above your current circumstances.
- Treat yourself as kindly and compassionately as you possibly can; subjecting yourself to self-abuse and making harsh demands of yourself doesn't help.
- For the next week, observe yourself carefully in social settings. Notice how different versions of you tend to show up around different events or people.
- Once you've observed your own behavior and selves, start making conscious choices about who to be and how to behave. This is how you truly own yourself.
- Focus on healing past wounds before you focus on dating. It's not until these wounds are healed that you'll be able to attract the right kinds of people.
- For the next month, work on making a habit of not explaining yourself (unless asked). Cut yourself off any time you're about to say "because" -- either out loud or in your own thoughts.
- Next time you're about to do something important or intimidating, strike a power pose for two to three minutes beforehand, and focus on being proud of who you are.
- Focus on the positive, rather than the negative. As Sky says, "Where the mind goes, energy flows." Focusing on the positive can help you progress to success.