

# STELLAR *Life*

Hosted By *Orion*

## Conscious Conversions

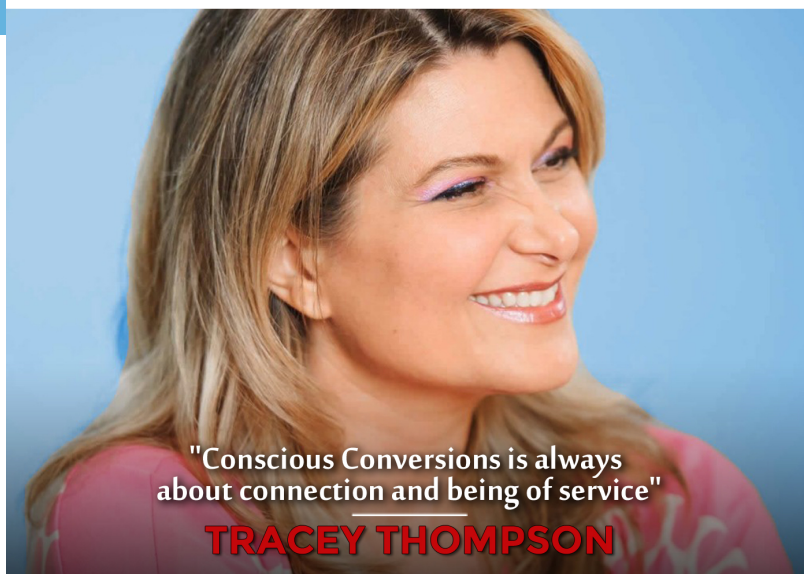
10 Point Checklist

**Tracey Thompson**

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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"Conscious Conversions is always  
about connection and being of service"

**TRACEY THOMPSON**

# 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.**

- Ask myself: if I were diagnosed with cancer, how would my priorities shift and how would I want to spend my life? Use the answer to start changing my life in that direction.
- Work toward a state of self-love. Being enough comes from within, not without, so stop looking for external validation.
- Assess what slowing down would mean for me. Make a conscious daily effort to slow down to avoid burnout.
- Be the governor of my own state. I can't always control my circumstances, but I can control how I react and what I feel.
- In the process of trying to make a sale, focus on asking powerful questions rather than by being pushy or sales-y. Questions can influence too.
- When I feel like I'm about to start giving too much advice, stop. Instead, ask for more information about what the person just said.
- Build rapport with the person I'm talking to. Ask creative questions to help them feel heard, acknowledged, and understood.
- Always search for the pattern behind every problem or surface issue. Don't focus on the surface problem itself.
- If I'm questioning my own professional worth or value, go help someone with my professional skills. Let them mirror my own value back to me.
- Get very centered and present 5-10 minutes before a conscious conversation. Remind myself that I'm here to be of service, and that I trust the divine part of myself.