

STELLAR *Life*

Hosted By *Orion*

The Evolved Masculine

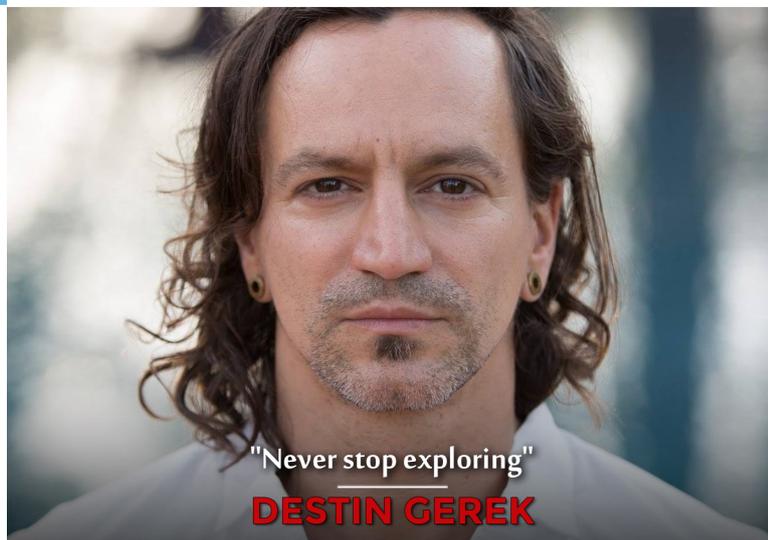
10 Point Checklist

Destin Gerek

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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"Never stop exploring"

DESTIN GEREK

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.**

- Reevaluate my perspective on sexuality and spirituality. If I see them as opposed or mutually exclusive, work on accepting that they can go hand-in-hand.
- Release the shame and guilt I may still carry regarding my sexuality. Celebrate my sexuality instead of suppressing or repressing it.
- Make an email folder specifically for unpleasant or hate mail. Whenever you get a piece, read it, smile, and move it to that folder.
- Identify three cases in which my tendency is to point fingers and tell other people what they're doing wrong. In each of those cases, figuratively hold a mirror up to myself and be more self-reflective.
- Ask myself who I am as a man, what it means to me to be a man, and what my relationship is with my masculinity. Write down my answers to each question for added clarity.
- Within my relationship, focus on cultivating both poles; my partner can be both the hottest lover I've ever had and my best friend. Make a commitment to focus my attention on this.
- Designate a weekly "sexploration" night with my partner, when we turn off distractions and focus only on each other for several hours.
- In each sexploration session, try sexual activities that are outside of what I normally do with my partner. Focus on breaking our sexual habits and patterns.
- If I'm struggling for ideas for sexploration, don't give up. Push through the discomfort and struggle; it will become easier with time and practice.
- Write down five to ten of my deepest core principles and values. Regularly assess whether my actions line up with these values, and adjust my actions when there's a discrepancy.