

# STELLAR *Life*

Hosted By *Orion*

## Break Through Your Creative Blocks

10 Point Checklist

**Lira Kay**

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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# 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.**

- Befriend my shadow by looking at myself compassionately to break through the past and what was holding me back.
- Choose a date by when I will consider myself completely healed, place it on my calendar, and use it as powerful reminder.
- Learn what my archetype is to understand how I may be self sabotaging myself. Artist - feelings and relationships. Alchemist - legacy and creations. Architect - ideas and the mind. Altruist - helping and giving.
- Discover which element best represents me. Choose from air, fire, water, or earth. Combined with the 4 archetypes, I have a total of 16 different combinations to choose from.
- Tame my “shadow” or fears based on my archetype to discover the real reasons why I am holding myself back..
- Open up to a bigger understanding by accessing my subconscious, so that I can access information by “Googling the universe” and “optimizing my spirituality”.
- Have a self-love process to be in touch with my physical body, so that I am fit enough to step into a new archetype and do all of the beautiful creative things I do.
- Find clarity of my life’s purpose by asking “what the payoff of not finding my purpose is”; this will help me hone in on my real purpose and why I haven’t found it yet.
- Don’t hold back when it comes to experiencing and sharing my authentic truth with the world.
- Go to [shesgotpassion.com](http://shesgotpassion.com) and get a free consultation with Lira Kay to find out my archetype and how to share my creativity.