

STELLAR *Life*

Hosted By *Orion*

Using Heart Energy to Manifest Your Desires

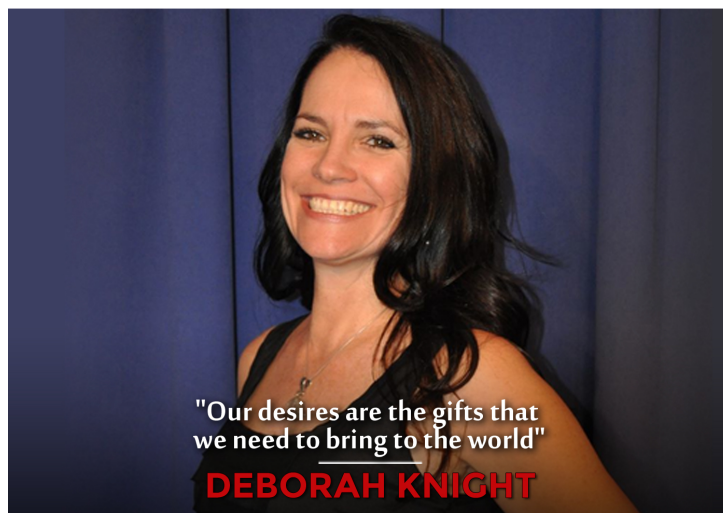
10 Point Checklist

Deborah Knight

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!

STELLAR *Life*

Hosted by *Orion*



"Our desires are the gifts that
we need to bring to the world"

DEBORAH KNIGHT

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.**

- Practice being grateful for everything you have and want and the universe will give you even more to be grateful for.
- Get in a place of extreme gratitude for everything in your life at least once a week, and really feel it on a deep visceral level at the core of your being.
- Meditate, especially when you feel overwhelmed, out of control, or stressed because that is when you need it the most.
- Let yourself get lost in doing what you love - this is a form of meditation. Whether that be cooking or lying on the beach, be really present in that moment..
- Walk and be in the moment as another form of meditation. Be aware of your thoughts and pull yourself back into your breath.
- Use the universal law of attraction to convert your thoughts into reality by aligning the space between your mind and high vibrational emotions such as love, gratitude, joy, and peace.
- Take bold, fast, and inspired action by changing your thoughts and emotions and what you feel in your heart to create optimum energy.
- Have an “abundance mentality” where lack does not exist in your world by dismissing your limiting beliefs.
- Stay in a positive emotion when using tools such as affirmations and vision boards. The emotion is the key.
- Learn how to use tapping on pressure points to link to meridians and rewire your brain to dissolve negative impacts.