

STELLAR *Life*

Hosted By *Orion*

The Release Technique

10 Point Checklist

Kris Dillard

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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"We all have a natural ability to let go."

KRIS DILLARD

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.**

- Whenever you encounter frustration in life, remember to use the following 4-step technique that reduces and eliminates negativity.
- Step 1: Rate the level of frustration on a scale of 0-10 with ten being the most frustrating and zero being the least frustrating.
- Step 2: Muster the strength not to say no to the feeling of frustration and realize that saying no won't make the negativity go away.
- Step 3: Internalize the kind of frustration you are feeling and accept it; try saying yes to the feeling generated by the frustration.
- Step 4: Keep in mind that yes is positive and no is negative. Notice that by saying yes to the frustration your level of negativity goes down. Keep going until the feeling is eliminated.
- Stop disapproving of yourself by giving yourself the love and approval you need and deserve.
- Understand that judgement is wanting to change things, so release judgement and let in its opposite which is acceptance.
- Develop the ability to empty your mind and stay in a quiet state. This will help you find the answers, if not peace of mind.
- Understand that as a woman, you are wired to be emotional. It's ok to express your emotions but also learn how and when it's best to let go.
- Be present with what is going on with your consciousness. Everything from the past will also be there, and you can deal with it all now.