

STELLAR *Life*

Hosted By *Orion*

You are a Masterpiece

10 Point Checklist

Liana Chaouli

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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"I undress your spirit so you can dress your body"

LIANA CHAOULI

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.**

- Be conscious of the fact that not living in all your talents, in all your beauty, and in all the love that your heart has to offer is like spitting into the face of God.
- Use your body as a vehicle for passion, self expression and ultimate understanding of what your beautiful masterpiece (you and your body) can do and be in the world.
- Understand that your trials and struggles in life teach you resilience. So that you will be strong and able to handle whatever life throws at you.
- Find peace in your own heart because if you want something to happen, it must be within you.
- Remind yourself that you matter. You have a gift to share and you'll never know who needs your help out there when you hide yourself to the world.
- Take 5 minutes of mindfulness every day. Are you really smelling your food before you put it in your mouth or are you just inhaling it? Notice the sounds and smells around you and get in touch with your body in the moment.
- Learn that forgiveness is something you do for yourself and not for others.
- Try to add more spark and color to your life through clothing. Buy bold colors that are great statement pieces but remember that it has to match your "own" style.
- Like a diamond, like a grain of sand on the seashore, like every snowflake, there will never ever, in the entire history of the world, be another one like you – ever, so make the most of who you are.
- Spread the love. Let others know how wonderful you think they are. A little compliment or a few words of appreciation may brighten someone else's day instantly.