

STELLAR *Life*

Hosted By *Orion*

The Spirit & Mindset of Transforming your Body

10 Point Checklist

Lazo Freeman

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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"Be brutally honest with yourself; in a loving way."

LAZO FREEMAN

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.**

- Come from a place of love and acceptance before you decide to undergo a physical transformation.
- Do some yoga to help you connect with your center and practice the principles of truthfulness, wisdom and simplicity.
- Know the difference between exercise and training. Exercise is the physical act of making repetitive movement. Training is exercising with intention.
- Appreciate the people you love and show them how important they are to you. These people are your support group for your desired transformation.
- Create a detailed timeline that shows how you are going to reach your goal. Have an end goal in mind so you know what you are preparing for in the beginning.
- Visualize how you want to look after your training by creating a vision board. Put up images that will inspire you to reach your goal.
- Brainstorm different health and fitness methods. Find what works best for you by trying them out over a period of time.
- Become familiar with the works of [Dr. John Demartini](#), [Louise Hay](#) and [Dr. Joe Dispenza](#) and let them guide you through your self development.
- Be in the moment and live life to the fullest. When you have an enthusiastic outlook, your body knows what you want and will cooperate better.
- Be honest to yourself in a way that is reassuring. Tell yourself what you need to hear but don't do it in a way that lowers your self-esteem.