

# STELLAR *Life*

Hosted By *Orion*

## Cleansing Your Body & Your Mind

10 Point Checklist

**Nykki Hardin**

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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"Find a new way of loving yourself  
from the inside out."

**NYKKI HARDIN**

# 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.**

- Start your body cleanse by clearing out the unhealthy food in your fridge. Food affects your overall performance so it's best to get rid of toxins and fuel right.
- Avoid GMOs and change to 100% organic when buying your groceries. Know where your food is coming from and keep your diet predominantly plant-based.
- Go on an adventure by visiting a new country. Learn from a different culture and meet new people to broaden your understanding of the world.
- Control your emotions during stressful or anxious situations so that you don't succumb to stress related eating. Instead, address that feeling with something healthier such as exercise or meditation.
- Push your will to change, commit to your goals and follow a clear path that will lead you to complete transformation. It will not be easy but it will be worth it.
- Avoid self-criticism and continue to find the good in you every day. Instead of focusing on the bad, highlight the good and be hopeful and determined that you will reach your goal.
- Avoid bottling your feelings up and find ways to express yourself freely. It can be through writing in a journal, creating art, or making music.
- Refrain from drinking too much caffeine because it's high in acidity and it disrupts the hormones.
- Spend quality time "off the grid" and connect with nature. The outdoors are perfect for mental and spiritual cleansing.
- Do an overall cleanse 2-4 times a year. Attend Nykki's 21-day cleansing nutrition program that helps you get rid of all the toxins in your body. You can find her at [www.nykkihardin.com](http://www.nykkihardin.com)