

STELLAR *Life*

Hosted By *Orion*

How to Follow Your Inner Guidance

10 Point Checklist

Candace Van Dell

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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"External reality has nothing to do
with your internal world."

CANDACE VAN DELL

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.**

- Speak your truth. Let it flow from you. Don't let others dictate what you should say and how you should show up.
- Never judge but try to understand. What you see is usually never what you get.
- Don't treat the symptoms but go the root cause of your pain. Only when you learn to do that, that you'll find your true healing.
- Listen and follow your own intuition. It may be scary at first but the reward of healing and empowerment is all worth it.
- Step outside of your perception. Don't be afraid to be vulnerable. People will draw and relate to you when they sense your authenticity.
- Have a daily ritual that works best for you. It can be a simple meditation, yoga, or a walk.
- Understand the importance of self-validation. When you look for the triggers of fear or trauma, don't bypass what you're feeling but own it.
- Empower your voice of intuition instead of your voice of fear. Candace states that there's no resistance in intuition. With fear, you're resisting everything.
- Practice Candace's self-love meditation. It's essentially learning how to relax your entire body while focusing on serving and filling yourself with love.
- Visit Candace's [YouTube channel](#) and be empowered with the daily dose of inspiration and tips on how you can follow your path to healing.