

STELLAR *Life*

Hosted By *Orion*

Hacking Your Fear and Flow State

10 Point Checklist

Ravé Mehta

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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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.**

- Keep yourself stimulated by finding new ways to tap into new "novelty". Ravé defines novelty as your first time of discovering something unknown that's of interest and that makes you feel good.
- Identify what triggers your flow state, be present with your mind and body. When you're in a flow state, time slows down so you become hyper-present that every moment leads to the next without thought or hesitation.
- Understand the five layers of accessing the flow state: belief system, mental and emotional layer, meridian and the physical body.
- Challenge your belief system. Is it aligned with your truth? Our fears are oftentimes caused by our limiting belief that blocks our flow and keeps us from experiencing our truth.
- Identify what triggers your fears. Write it down and start asking yourself why you're feeling that way. Ravé calls it the five whys.
- Recognize that there are three pillars of fear. The first pillar is time. It also exists in the future, many times triggered by the past, experience in the present.
- Overcome your fear of the future by bringing yourself to the present. You can use different techniques such as breathing and focusing on the task at hand.
- Knock down the second pillar of fear which is attachment. It has two types: structural and orbital. Ravé says attachment is essential to building relationship but we should focus on detachment.
- Let go of your attachment to a specific outcome. It's the third pillar of fear. Set realistic expectations and be flexible with your goals.
- Chase curiosity and never deprive yourself of the joy and pleasure that you deserve.