

STELLAR *Life*

Hosted By *Orion*

Messages from Above

10 Point Checklist

Sheila Gillette and THEO

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 believe we're all psychic, and we're all connected to our intuition. We all receive information by the way we learn."

SHEILA GILLETTE

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 open to receiving information from above through dreams, pictures, and messages. You're capable of accepting guidance by the way you learn.
- ☐ Trust the psychic gifts you have and practice to become better at using them. The more you use your abilities, the stronger they get.
- ☐ Do not fear psychic experiences. You have the power to say no when it gets uncomfortable. Use it if you have to. Nothing can harm you if you won't allow it.
- ☐ Collaborate with people for a better planet. People with similar views can work together to bring forth a greater world. You can reach out to others and collectively work towards a better future.
- ☐ Ask for your angels to help you. Everyone has an angel waiting to assist them. You can simply call upon the angelic realm at any time.
- ☐ Don't let your doubts stop you from achieving your purpose in life. You can manifest and achieve all of your dreams and desires because you're a master creator.
- ☐ Focus on changing how you perceive situations rather than giving attention to outside influences and others' opinions. Believe you're worthy of the success you'll experience.
- ☐ Love yourself and get rid of the victim mindset. By looking for blessings and gifts, you're able to shift the power from being a victim to growing as a person.
- ☐ Say yes to life. Instead of looking forward to what could go wrong, get excited by the great things happening now. Flipping your thinking can change how you act.
- ☐ Visit Sheila Gillette's website at [AskTHEO](#) to learn from her and THEO. You can also grab her books, [The 5th Dimension](#) and [The Soul Truth - A Guide to Inner Peace](#), to learn more about spirituality.