

STELLAR *Life*

Hosted By *Orion*

A New Way of Being & Healing

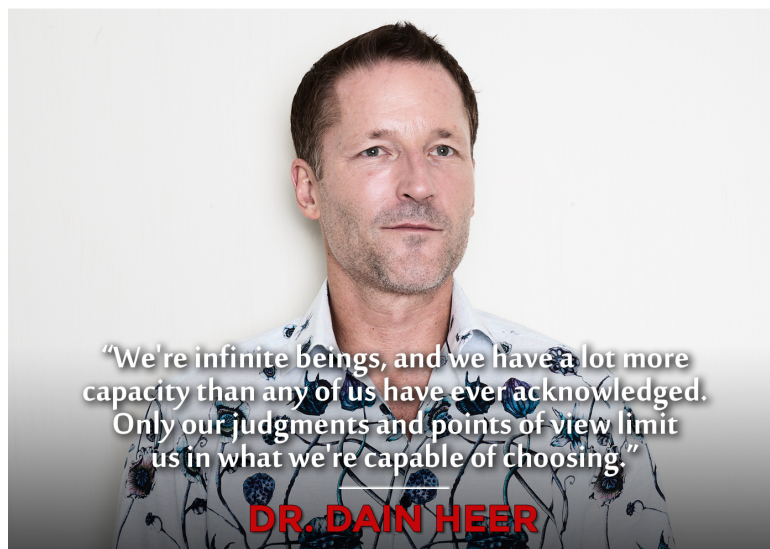
10 Point Checklist

Dr. Dain Heer

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.**

- ☐ Try out new things. You experience the magic of life when you're not afraid to discover what's good and bad for you. The only way to find out what you love is by being open to new experiences.
- ☐ Focus on doing tasks you love. Do activities that make you feel lighter, not heavier. By avoiding negativity, you're preventing unnecessary emotions from manifesting in your life.
- ☐ Be inspired by other people. Instead of being jealous, celebrate other people's successes and strive to manifest your own. Treat their achievements as motivation to work towards your own.
- ☐ Listen to different perspectives and welcome new ideas. You don't have to accept all views. You just need to be open.
- ☐ Continuously ask questions. You're often limited to what you currently think and feel. By probing your thoughts and feelings, you open doors to different outcomes and possibilities.
- ☐ Stop judging yourself. Being kind to yourself cultivates a positive mindset. Don't be your greatest enemy.
- ☐ Be willing to evolve. You can achieve anything and become whoever you want to be. All you need is the eagerness to welcome change in your life.
- ☐ Find time to have fun. Life doesn't have to be serious all the time. As much as possible, do at least one enjoyable thing every day.
- ☐ Don't be afraid to fail. It's human to make mistakes, and they're valuable sources of lessons. So recover quickly and focus on what you can learn from them.
- ☐ Visit Dr. Dain Heer's [website](#), and subscribe to his [YouTube channel](#) to access more than 400 videos of free tools. Then, read his [book](#) and explore [Access Consciousness](#) to learn how to lead a lighter life.