

STELLAR *Life*

Hosted By *Orion*

Attracting Dream Relationships and a Dream Life

10 Point Checklist

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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

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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.**

- Pain can be a catalyst for change. Write down three recent life events that have been painful (or issues that continue to cause you pain), and then, for each one, three ways that you can turn that pain into positive change.
- Every morning, look in the mirror and take five minutes to practice valuing yourself. Tell yourself “I love you,” and look for the beauty reflected in the mirror -- focusing on both your internal and external beauty.
- We all want more money, but money doesn't create a sense of abundance. Take ten minutes each day for a month to start a gratitude journal. Explore the forms of abundance that you do have in your life.
- Practice breath awareness at home. Lie down in a safe space, and begin by simply noticing your breaths. Then shift your breathing so it's deep into your stomach. Allow any emotions that arise to simply exist, without judgment or expectations. Do this for up to 30 minutes.
- Write down the life you want. Be specific. This can be about your finances, travel goals, job desires, and the man or woman of your dreams. If you can wholeheartedly believe in the Law of Attraction, you may be surprised at how quickly you manifest exactly what you wrote down.
- Create a vision board. Using your knowledge of the specific things you want from life, create a board manifesting these in some form. Use your imagination -- you can write down descriptions or quotes, tape on pictures, or add anything else that resonates with your desires.
- If you're struggling with achieving full belief in the Law of Attraction, try what Samantha did. Put on music, jump up and down, and get into a heightened state. Look at your vision board, articulate your heart's desire, close your eyes, and visualize it. Repeat this daily.
- Make a list of parts of yourself that don't serve you anymore, or are part of your old identity, but that you're still attached to. Write each one down on a separate slip of paper, then burn each in turn as a symbolic representation of surrendering those parts of yourself to clear the way for the life you want.
- In an ideal relationship, we're helping each other heal and grow. If you have a partner right now, think about how you could be a healing force for him or her. Once you've come up with a few specific ideas, put them into action.
- If you don't yet have a partner, think about it from the other side: you need to be what your ideal partner would want. Write down a description of who your ideal partner's ideal partner would be. Begin making choices to grow into the person you've described.