

STELLAR *Life*

Hosted By *Orion*

Express Your True Essence

10 Point Checklist

Karen Hoyos

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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"Once you accept who your ego is,
you can choose who you really are."

KAREN HOYOS

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.**

- Differentiate between my ego self and my essence self. In essence, I am God, I have no limitations, and we are all one.
- Phrase and observe my experiences as exactly that: experiences. “I experience anger,” not “I am angry.”
- Remember that the gift of awakening comes to different people in different ways. I don’t need to suffer to become closer to God.
- When something happens, take responsibility for it and take it as a gift. Look for the lesson in the experience instead of blaming or judging other people.
- When I feel a negative emotion, step back and observe that it’s my mind/ego, not my essence, giving a meaning to the emotion.
- Let go of all the notions I have of what it takes to “be a woman.” By simply being myself, I am a woman.
- For my ego, I will never be enough, so stop trying to convince it otherwise. Let my ego be insecure, and accept that in my essence I am beautiful, happy, and enough.
- Sit quietly and ask my ego, myself, or God what my ego’s name is. This will help me see her as a separate part of me instead of as my true identity.
- Practice daily gratitude. Find reasons to be grateful every day, including gratitude for challenges or difficulties because of the gifts and lessons they contain.
- If I were to die today, what would be something that I haven’t done that I would regret? Whatever that is, do it today.