

STELLAR *Life*

Hosted By *Orion*

Lose the Cape: Survival of the Modern Busy Mom

10 Point Checklist

Alexa Bigwarfe and Aubrey Mathis

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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Never Will I Ever (and then I had kids!)

ALEXA BIGWARFE
AUBREY MATHIS

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.**

- ☐ Feel strong with who you are and have confidence in yourself, so that it won't matter what other people think about you or your actions.
- ☐ Surround yourself with people who help you achieve your goals. You are the product of the five people you surround yourself with.
- ☐ Grow your confidence and self-trust by doing what you say. The more you honor your word, the more your self-trust and confidence will grow.
- ☐ Understand that as a mom, you are good enough. Do not let issues around guilt inhibit your progress or prevent you from living your life your way.
- ☐ Allow yourself time to do things for yourself to connect with who you are, and make yourself feel sexy whether it is with a spouse or going out with friends.
- ☐ Realize how short life really is, so that you can live it to the fullest, and even when something tragic happens learn to move beyond the grief into your current life.
- ☐ Learn to carry your love and loss while still living a life with love and caring. Moving forward does not mean forgetting, it means carrying the loss with love.
- ☐ Be inspired by people who are able to do incredible things after experiencing something horrible and have an open approach to the world.
- ☐ Have a balance between work, life, and family. No matter what is going on, make sure to find a balance to take care of people who matter the most.
- ☐ Purge stuff that clutters your life, day, mind, and heart. Work on paring down to make life easier and get rid of stuff that weighs you down. To start, read *The Life-Changing Magic of Tidying Up*