

STELLAR *Life*

Hosted By *Orion*

Body Image, Self Love & Spirit

10 Point Checklist

Rachel Pringle & Moun D'Simone

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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WILD WOMAN

"A wild woman is in tune with who she
is outside of everyone else's opinion."

RACHEL PRINGLE & MOUN D'SIMONE

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.**

- Surround yourself with like minded people who support and encourage you to be your highest self.
- Sing love songs to yourself and love yourself no matter what. The relationships you have with other people comes from your relationship with yourself.
- Understand that you are enough as your are and that is okay. You don't need to please others or accept their opinions of you.
- Practice a self-love meditation where you tell your body that you love it and worship your organs that work completely on their own without you having to do anything.
- Focus on staying in a positive flow state and not judging other people or critiquing their bodies.
- Nourish your body by not having negative associations with food. Bless your food and show gratitude as you allow your body to eat what it wants and needs for optimum health.
- Practice yoga to understand your body, helping you grow more powerful and aware of its beauty.
- Breathe deeply through your diaphragm and practice breath work to recalibrate your nervous system and break patterns of anxiety.
- Hug someone for 20 seconds straight to release oxytocin and have a deeper physical connection.
- Dance, move and work on expressing your sexuality by embracing every part of yourself to live your life as the gift it is meant to be.