

STELLAR *Life*

Hosted By *Orion*

Breakthrough To Wellness & Abundance

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 **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.**

- ☐ Your body has an “inner pharmacy” that releases all kinds of chemicals based on your mindset and emotions. If good things are brewing inside, you bring goodness outside.
- ☐ Understand the connection of your mind and body in a deeper sense. Your thoughts have the power to command your body to be better and stronger.
- ☐ Practice daily affirmations and make sure to not just say these words out loud but really internalize them enough for you to truly believe in them.
- ☐ Set a stepping stone in reaching your goal by finding out what you love and where you want to be a year from now. This can determine daily activities that can help you reach your desired destination.
- ☐ Find out what self-care means to you by listing down the things you love to do by yourself and for yourself. Do at least one self-care activity per day.
- ☐ Express your gratitude daily to develop a mindset of abundance instead of lack to free yourself from a state of struggling.
- ☐ Always listen to what your body is telling you. Awareness is key and a lot of preventions happen when you pay attention to your health and wellbeing.
- ☐ Always find peace no matter what storm is going on around you. It's important to be at peace with yourself and with your surroundings for you to keep moving forward.
- ☐ Determine what your self-worth is by saying yes when you mean yes and no when you mean no. Live in the moment and always choose the things that align with your personal values and goals.
- ☐ Live a life filled with joy. Find it in the little things or give it to those who least expect it. All this positivity has the power to bring more love, abundance and wellness.