

# STELLAR *Life*

Hosted By *Orion*

## Alter Ego with Athena Rosette

### 10 Point Checklist

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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"Everyone has at least one alter ego."

**ATHENA ROSETTE**

# 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.**

- Change your perception about alter egos being a form of multiple personality disorder. Alter egos come from the process of stripping away all your inhibitions to discover who you are at your core.
- Never be ashamed to admit what makes you happy. As long as you are not hurting anybody, it's alright to keep doing what you love.
- Spend some time by yourself thinking about the areas in your life where you can engage in more self-expression.
- Find communities with similar interests so that you can have a safe place to express your innermost desires without feeling judged.
- Discover forms of art that enable you to be free and open up your thoughts. Artistic expression can come in the form of drawing, dancing or playing music.
- Talk to the people in your community and find friends who have similar experiences to your own. Connections will help you in your journey to self-discovery.
- Don't be afraid or hesitate in your self-exploration. It's a healthy exercise as long as you're comfortable and having fun.
- Create an alter ego that is stronger than you. Your alter ego should not be afraid of self-expression and should have the strength to lift you up when you need it most.
- Be yourself and don't let society dictate what you should or shouldn't do. Don't hide from who you truly are because you're afraid of how others will perceive you.
- Travel and discover something new while you're on your journey. Travel is the best way to reinvent yourself since everything in the environment is unfamiliar and new.