STELLAR Life

Hosted By Orion

The Spirit & Mindset of Transforming your Body

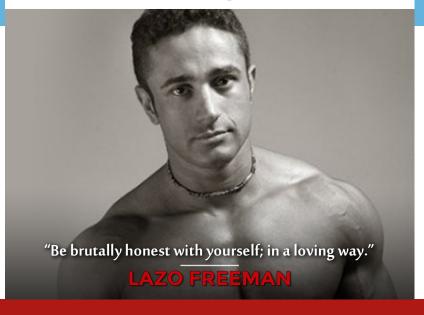
10 Point Checklist

Lazo Freeman

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.

transformation.
Do some yoga to help you connect with your center and practice the principles of truthfulness, wisdom and simplicity.
Know the difference between exercise and training. Exercise is the physical act of making repetitive movement. Training is exercising with intention.
Appreciate the people you love and show them how important they are to you. These people are your support group for your desired transformation.
Create a detailed timeline that shows how you are going to reach your goal. Have an end goal in mind so you know what you are preparing for in the beginning.
Visualize how you want to look after your training by creating a vision board. Put up images that will inspire you to reach your goal.
Brainstorm different health and fitness methods. Find what works best for you by trying them out over a period of time.
Become familiar with the works of Dr. John Demartini, Louise Hay and Dr. Joe Dispenza and let them guide you through your self development.
Be in the moment and live life to the fullest. When you have an enthusiastic outlook, your body knows what you want and will cooperate better.
Be honest to yourself in a way that is reassuring. Tell yourself what you need to hear but