

# STELLAR *Life*

Hosted By *Orion*

## The She-Hero Journey

### 10 Point Checklist **Orion Talmay**

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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"The ripple effects of one act of kindness can change the world."

**ORION**

# 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.**

- Spend some time alone and meditate to understand what's in your heart. You find answers when you listen to your thoughts.
- Believe that you are powerful beyond measure. You have strength and wisdom inside of you just waiting to be awakened.
- Keep learning and try something new every day. You can enroll in a class or watch tutorial videos for free.
- Go out and explore the world. Life is an adventure and you never know what surprises you'll encounter along the way.
- Embrace the pain and chaos in your life and use it for personal growth. You will grow stronger when you push through struggles.
- Enjoy the journey right here and right now. Live in the moment and be grateful for what you have.
- Shed your walls, let go of control, and connect with your vulnerable side. It's okay to be emotional.
- Find ways to brighten someone else's day. It can be something simple that makes them smile. This is the first step to friendship.
- Get out of your comfort zone. Do something you've been afraid of but have always wanted to do. You'll realize that it's not that scary after all.
- Join Orion's Facebook group, [Awaken Your Inner Goddess](#), to join a strong female community and to get updates on new challenges.