

STELLAR *Life*

Hosted By *Orion*

Tapping into Your Zone of Brilliance

10 Point Checklist

Kate Beeders

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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"Your money story isn't about your income, your debt, or what you have in the bank. It's really how you view, use, and think about money."

KATE BEEDERS

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.**

- Push yourself and test your limits but don't be too hard on yourself that you forget how to be kind, patient and nurturing.
- Immerse yourself in nature when you attend a retreat or seminar. The beauty of the environment can help facilitate your breakthrough.
- Spend time with nature to connect better with your femininity. Nature is nurturing which is very similar to a woman's purest essence.
- Find the opportunity in the challenges you experience. The setbacks you are dealing with can help you grow into a stronger, better person.
- Consider [Tapping](#) as a form of therapy if you want to overcome some sort of fear or trauma you have been dealing with.
- Make sure to find a tapping expert you're comfortable with and who knows what they're doing. There are some who consider themselves "tappers" without undergoing proper training.
- Don't get stuck in the same story that keeps you from reaching the next level. There is always help available to help you get to the next step.
- Strive for positivity by remaining humble and being appreciative of what you have in life.
- Don't stay too long in your comfort zone. Think outside the box and continuously challenge yourself to become better by trying new things.
- Make sure that everything that you do honors you as a person. Always ask yourself, "is this honoring me?"