

STELLAR *Life*

Hosted By *Orion*

The Sacred Wisdom of Spirituality & Awakening

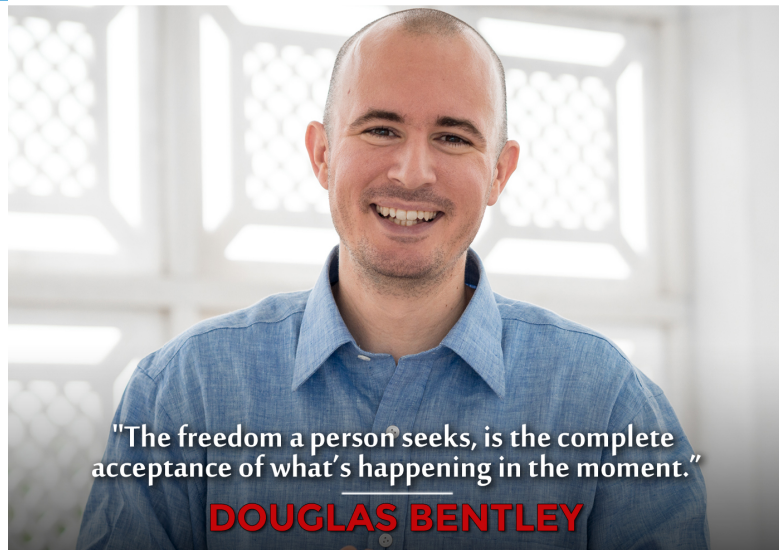
10 Point Checklist

Douglas Bentley

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!

STELLAR *Life*

Hosted by *Orion*



"The freedom a person seeks, is the complete acceptance of what's happening in the moment."

DOUGLAS BENTLEY

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.**

- ☐ Don't be afraid to open up to life. Find what makes you inspired, content and happy to get closer to your spirit.
- ☐ Find a mentor who can help awaken your spirit and kickstart your journey of transformation.
- ☐ Travel to discover yourself. You learn a lot about yourself when you're in an unfamiliar environment.
- ☐ Visit a high state of consciousness through Diksha, an Indian spiritual ceremony that awakens your being and lets you connect with your higher self.
- ☐ Deal with your anxiety and struggles from a spiritual point of view. Be proactive in your thoughts and actions instead of being reactive.
- ☐ Learn to accept unforeseen events that are out of your control. Don't let them stress you out or affect your actions towards others.
- ☐ Be present and in the moment. Don't overthink the future and dwell too long in the past; today is a "present" so don't waste it.
- ☐ Learn to differentiate your spiritual and physical needs and always let your spirit guide you to what is right.
- ☐ Constantly invest in yourself. It's a never ending journey but continuing to grow in all aspects of life is the best thing you can do for yourself.
- ☐ Trust the process. Finding your light and true awakening is not an easy feat but it will be worth it.