

STELLAR *Life*

Hosted By *Orion*

Body Intelligence Activation

10 Point Checklist

Cecile Raynor

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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"Dancing makes me feel like nothing else matters.
I feel beautiful. I feel light. I feel happy."

CECILE RAYNOR

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.**

- ☐ Gain more consciousness of your heart and body. Take time to detach from everything except your own vibration.
- ☐ Try the Alexander Technique to stop creating excess body tension through your daily activities.
- ☐ Perceive a better self-image and let your thoughts reflect your actions. Your perception can become your reality.
- ☐ Find ways to keep your body in motion. Dance, do yoga or go to the gym to get a healthy dose of exercise and strength and flexibility training.
- ☐ Take a holistic approach to your body to connect with it on a mental and spiritual level.
- ☐ Always maintain good posture, especially when sitting or standing for a long period of time.
- ☐ Be more mindful of your workout. You can lift weights without applying too much tension or execute a yoga pose without too much effort.
- ☐ Let music help you find your rhythm. Listen to the kind of music that enables you to be in tune with yourself.
- ☐ Don't rush into things when it comes to improving your body. It is a process that takes time but all of your hard work will pay off in the end.
- ☐ Grab a copy of Cecile Raynor's book, *The Wise Way to Yoga*.