

STELLAR *Life*

Hosted By *Orion*

Roadmap to Happiness

10 Point Checklist

Valerie Sheppard

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*



"Love and joy are your constitutions. That's what you are."

VALERIE SHEPPARD

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.**

- ☐ Wake up to the truth of who you are. Get to know yourself on a deeper level so that you're able to determine what's keeping you happy and what's triggering you to fall off your center.
- ☐ Let go of things that are stopping you from being happy. After evaluating what's holding you back, be more open to the path of forgiveness and healing.
- ☐ Write a new life story by visualizing what you want to happen next. There is power in visualizing your future.
- ☐ Live your new story and practice it daily. Have the strength to keep moving forward but be kind to yourself in the process. You can reset and refocus your goals as much as you want.
- ☐ Emphasize the things that you are grateful for in your life. Gratitude brings more reasons to be content and thankful.
- ☐ Accept more and resist less. Allow things to happen and worry less about situations that are out of your control.
- ☐ Allow yourself to experience negative emotions. It's okay to be sad, angry or frustrated. But don't dwell on negativity too long or it will affect your life pattern.
- ☐ Take yourself on a once in a lifetime sabbatical journey to find your true self. Explore what can help you enhance your gift and spiritual connection.
- ☐ Keep your thoughts and emotions intact when you reach your highest vibration. Don't let anything or anyone faze your happiness and belief.
- ☐ Grab a copy of Valerie Sheppard's book, *Living Happy to Be ME!: Dancing Your Soul Lightstyle*.