

STELLAR *Life*

Hosted By *Orion*

Sexual Freedom For Women

10 Point Checklist

Kristina Campbell

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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"Ecstasy is your birthright."

KRISTINA CAMPBELL

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.**

- Embody and reconnect with your sexual goddess. She's pure, rich, and powerful and a part of your deepest desire
- Communicate your sexual fears and urges with your partner openly. Have the courage to talk about what you like and don't like even when outside the bedroom.
- Educate yourself about different kinds of orgasms such as G-spot, cervical, breast and full-body orgasm to find out more ways to experience pleasure.
- Be open to touching and communicating techniques. Kristina uses OM, orgasmic meditation. It's a 15-minute meditative practice where a man touches a woman's clitoris.
- Explore your own body without hesitation and limitation. Touch, feel and listen to what your body is telling you.
- Confront your sexual struggles with the help of an expert. Reach out to a sex therapist especially when you experienced sexual trauma.
- Strive to always commit to the kind of life that you rightfully deserve and desire. Believe that ecstasy is your birthright.
- Take care of your body. Develop a healthy eating habit and don't forget to exercise.
- Laugh often. Whoever said that laughter is the best medicine is not kidding. Life is too short to be spent in sadness and regrets.
- Check out Kristina's three-part video series and start exploring your sexual freedom today.