

STELLAR *Life*

Hosted By *Orion*

Find Your Style

10 Point Checklist

Lauren Friedman

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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"Everyone has their own sense of what feels healthy in their body."

LAUREN FRIEDMAN

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.**

- ☐ Challenge your personal and style beliefs. Ask yourself if it's your truth or external messages that you have internalized and made yourself believe.
- ☐ Embrace vulnerability. Talk about your fears and insecurities. They're not your weaknesses but your strength.
- ☐ Identify and reconnect with your inner goddess. Listen and follow your inner voice as that's when you can only express your authentic self.
- ☐ Be in love with your body. Enjoy every inch, every curve. Don't be afraid to accept your humanness.
- ☐ Don't be afraid to bend the rules. If it feels good on you, wear it. Not everything the media says is true or correct.
- ☐ Wear pieces that focus on your waist if you want to achieve a slimmer look. Adding a long necklace or going for a French tuck can do the trick too.
- ☐ Always remember to accessorize. It's a fun way to experiment until you feel most comfortable and satisfied.
- ☐ Go through a closet cleanse. Throw away items that no longer give you joy and make space for new things to come.
- ☐ Constantly look for inspiration on your personal style journey. Create Pinterest board, look through fashion magazines or even visit your local art museum.
- ☐ Grab a copy of Lauren's book [50 Ways Series](#).