

STELLAR *Life*

Hosted By *Orion*

How to Follow Your Inner Guidance

10 Point Checklist

Molly Mahar

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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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.**

- Let go of the thinking that you have to suffer alone and that vulnerability is a sign of weakness. You have the wisdom and power to live your life at best and authentic to you.
- Have a crystal clear vision of the path that you want to take. Never let other people's expectations limit you from reaching your true and highest potential.
- Listen and reconnect to your own wisdom. Ask yourself, "Am I following my true purpose?"
- Surround yourself with like-minded individuals. Find a mentor or a community who shares the same passion and intention like you and work towards collaborating for the same purpose.
- Make peace with the fact that you can't please everybody. Sometimes to move forward, you have to let go of relationships that no longer serve you.
- Practice self-love daily. Have an honest and vulnerable conversation with yourself, partner and the people around you.
- Embrace your emotions. Allow yourself to truly feel the feelings even if it's uncomfortable.
- Find out what brings you joy. It can be as simple as going on a hike, reading a book, or having a conversation.
- Recognize that joy is about embracing the highest and the lows and being fully present to your life and not trying to skate on the surface.
- Achieve a higher awakened state of joy and truth by joining Molly's Stratejoy and Reclamation.v