

STELLAR *Life*

Hosted By *Orion*

Untame Yourself

10 Point Checklist

Elizabeth DiAlto

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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"Doing our own healing work impacts everyone around us in our lineage forwards and backwards in time."

ELIZABETH DIALTO

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.**

- ☐ In order to truly practice self-love, you have to accept and trust yourself first
- ☐ If you feel “off” with yourself, or unhealthy, commit to working on healing yourself so you can show up stronger in your relationships, your work, and your commitments .
- ☐ Look at your challenges with curiosity and excitement rather than anxiety and fear so that you may easily overcome them.
- ☐ Pay attention to how your body feels next time you say “yes” to something, and next time you say “no”. This will help you learn the difference between fear and intuition.
- ☐ Next time you find yourself crying “for no reason” pay attention - there are truth in those tears, and by reflecting on what is going on at that moment you can learn a lot about your body and intuition.
- ☐ Embrace your inner resistance - whenever you feel a pushback from the universe, it’s usually an experience that will help you grow, so take the opportunity.
- ☐ Embrace the idea of putting yourself first. You will quickly see how this isn’t being selfish, but it will help everyone around you when you take care of yourself.
- ☐ Stop trying to control everything, and trust the universe to deliver the miracle of life.
- ☐ If you feel drained in a certain aspect of your life, you may need to set some boundaries between what is draining you and your mental health.
- ☐ Approach difficult conversations from a place of compassion and kindness, so that the other party drops their guard and connects with your vulnerability.