

STELLAR *Life*

Hosted By *Orion*

Boost Your Self-worth

10 Point Checklist

Nancy Levin

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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"Your outer world is a reflection of
your inner commitment."

NANCY LEVIN

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.

- ☐ Find your truth. Knowing who you are will become your guiding light whenever you have to make an important decision in life.
- ☐ Visualize what you want to happen or achieve in your life. When you picture your goals in your mind, you are already halfway there.
- ☐ Fully commit to what you want to happen in your life. Nothing will work out unless you are willing to put in the time and effort needed to reach your goals.
- ☐ Don't feel guilty for being selfish. It's okay to put yourself first. If you're happy with where you are in life, it's going to be easier for you to provide care and happiness to others.
- ☐ Uphold, respect and honor your own boundaries. Learn when to say no—especially when you are tired.
- ☐ Take full responsibility for your decisions. Living your life on your own terms can make you feel emancipated, but don't forget that there are consequences for every decision you make.
- ☐ Prioritize your “me” time. Take a hot bath, buy yourself flowers, or treat yourself to a meal at your favorite restaurant. Make time once in a while to prioritize your own needs and reconnect with yourself.
- ☐ Practice self-awareness. Self-love is about being kind to yourself, but you must also be realistic. Take care of yourself, but don't avoid confronting hard truths.
- ☐ Start your morning right by developing a routine that will help you embrace positivity and jumpstart your day.
- ☐ Join Nancy Levin's Facebook group, [Nancy Levin Insiders](#), for a community of strong, phenomenal women who are all about living a life in their own terms.