

STELLAR *Life*

Hosted By *Orion*

Self Love and Self Worth

10 Point Checklist

Dr. Dinorah Nieves

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!

STELLAR *Life*

Hosted by *Orion*



"It's important to love yourself in the same way that you expect other people to love you."

DR. DINORAH NIEVES

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.

- Honor yourself. Love the person that you are. Change your limiting thoughts into encouraging affirmations and celebrate your accomplishments in life.
- Don't work yourself to the ground. Exhaustion can negatively impact you physically, mentally, and emotionally.
- Don't hesitate to take a step back when you're overwhelmed. It's okay to take a break or ask for help. The world will not end if you rest for a little while.
- Learn how to prioritize yourself without guilt. Women often feel bad for saying no to others at the expense of their happiness. It's important to put yourself first in order to better take care of others.
- Challenge, reconsider, rethink, and reconceptualize the ideas that feed your behavior. Self-awareness is the key to true self-love.
- You are not your past or your pains. The mistakes you've made in life don't reflect who you are as a person. Learn from them and let it go so that you can see the bright future ahead of you.
- Never measure your self-value against society's expectations. You are more than what people say about you on social media.
- Have the courage to change your path when you're no longer happy. If you don't love what you do or where you are in life, know that there are many opportunities out there waiting for you.
- Utilize the guidance that's out there and manage your resources effectively. Seek help from experts and communities if you need it. There are many people who are ready to support you in becoming the best version of yourself.
- Grab a copy of Dr. Dinorah Nieves' book, [Love YOU: 12 Ways to Be Who You Love & Love Who You Are](#).