

# STELLAR *Life*

Hosted By *Orion*

## Inner Strength and Courage

10 Point Checklist

**Abby Wynne**

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*



"The more we allow ourselves to be ourselves,  
the more we can expand and connect with others."

**ABBY WYNNE**

# 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 balance before trying to heal your inner wounds. You must begin with a strong mindset when you want to change something within yourself.
- Make a conscious, deliberate decision to stop doing what is hurting you. Remind yourself constantly why you're doing what you're doing and stay focused on the outcome you want.
- Develop patience, tolerance, and kindness within yourself. You deserve to be happy no matter what you've been through in the past.
- Keep looking on the bright side even when it's difficult. Even a tiny spark can ignite a raging fire.
- Open yourself up to divine beliefs and keep nourishing your spirituality. Praying and meditating does wonders for your mental and emotional health.
- Ask someone to help you on your healing journey. Like having a gym buddy, it's nice to have a healing partner who can check on you and vice versa.
- Never serve others with an empty cup. Fill yourself up first and make sure you feel whole before you start giving.
- Trust the process and let go of the urgency. The journey is difficult but it's worth it. Just keep pushing until you are finally happy with where you are.
- Respect your emotions and let yourself express them as freely as you can. Try not to bottle up what you are feeling inside.
- Grab a copy of Abby Wynne's book, [Heal Your Inner Wounds](#) and start your healing journey today.