

# STELLAR *Life*

Hosted By *Orion*

## Sexify Your Leadership


10 Point Checklist

**Missy Garcia**

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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"When you surrender to your divine feminine energy and allow your body to move the way that it's guiding you to move, you will find yourself."

**MISSY GARCIA**

# 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.

- Surrender and allow yourself to go through grief when you've experienced trauma. This is part of the process of your healing journey.
- Don't dwell too long in misery. Determine what your next step should be after letting out all of your emotions. Like a Phoenix, you too can rise up from the ashes.
- Maintain an open conversation with the people dear to you most especially your partner. When your family circuit is intact, you have all the support you need to lead your community.
- Use self-pleasure as a form of release. Explore your body and your sensuality to help you recharge and de-stress.
- Try the [Yoni massage](#) with your partner doing it on you. According to Missy, not only will this bring you immense pleasure, it will bring you closer with each other on a spiritual level.
- Find ways to connect more with your body. This can be through activities or hobbies where you feel yourself the most such as yoga, meditation, painting, writing, singing, etc.
- Do some slow sensual dance routines to help you connect deeper with your feminine energy.
- Connect to your womb energy with the help of some intense breathwork. Breathing intentionally in silence can help give you some clarity on your clouded thoughts.
- Don't be ashamed of your vulnerability. Great leaders are people who aren't afraid to show others their true feelings.
- Check out [Missy Garcia's website](#) to see more of her workshops, content, and services that will help you ignite the fire within.