

# STELLAR *Life*

Hosted By *Orion*

## Live Life with No Regrets

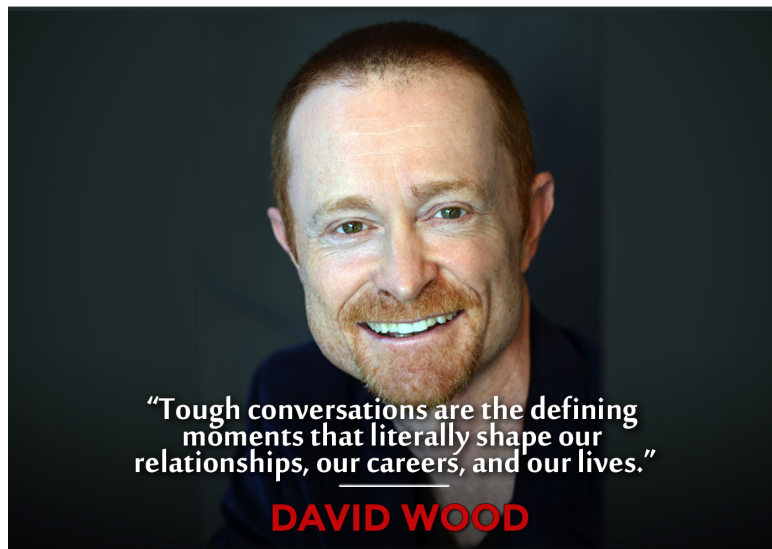
10 Point Checklist

**David Wood**

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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# 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.

- Spend time with yourself and get to know who you are on a deeper level. Explore what you love the most and understand your boundaries and limits.
- Make peace with your past. Whatever trauma you've been through deserves healing, and you deserve to move on and be happy.
- Don't suppress negative feelings, but don't dwell on them too long either. It's okay not to be okay! What matters most is how you recover from the pain.
- Vulnerability is not a weakness. Being open and honest about your fears, failures and insecurities with the right people at the right time can help you form deep connections.
- Be wise when choosing your life partner. They will play a huge role in how you approach the challenges in your life and how you deal with your emotions.
- Forgive yourself constantly. You're only human and humans are bound to make mistakes. You deserve a second chance.
- Don't be afraid to take risks. Life begins outside of your comfort zone.
- Express your love for the people you care about because you never know what life will throw at you next.
- Deepen your connection with others. The most valuable gift you can offer is your time.
- Check out David's website [playforreal.life](https://playforreal.life) for more inspirational content.