

# STELLAR *Life*

Hosted By *Orion*

## The Science of Conscious Creation

10 Point Checklist

**Tamara Dorris**

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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"Total healing starts when you take full responsibility for your life."

**TAMARA DORRIS**

# 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.

- The first step to life transformation is healing. Heal whatever is hurting you physically, emotionally, and subconsciously. When your pain is in the past, you can finally move on.
- Take responsibility for your choices and be mindful of how you respond to what life throws at you. You cannot always control the situation, but you're always in charge of how you react to things.
- Disrupt your subconscious patterns and routines and stop living on autopilot. Mix things up a bit instead of playing it safe. Seize the day!
- Don't get sucked into negativity. Constantly reset your thinking whenever there's bad energy surrounding you. you have to ignore your negativity, but clearing your mind can help you gain perspective.
- Don't be afraid to share your opinions, especially if you think that they need to be heard.
- Find the right peer group that gives you a feeling of belonging. You need to surround yourself with people who believe in you and are willing to support you to achieve your dreams.
- Maintain a pure and open heart. It will radiate from you and people will pick up on it in an instant.
- At the beginning of each year, visualize what you want to achieve over the next 12 months. Then, do everything in your power to make your goals a reality.
- Always connect to God or your higher power. Nourishing your spiritual health improves your overall health.
- Check out Tamara's website to learn more about her work and her [books](#).