

STELLAR *Life*

Hosted By *Orion*

Living a Kick-ass Life

10 Point Checklist

Andrea Owen

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.

- Don't give up, no matter how challenging life gets. You may have self-doubt along the way, but you will overcome anything if you keep going towards your goal.
- Stay in tune with yourself through meditation. When you look deeper within yourself, your intuition- which is a part of you that truly knows the right path- will be as clear as day.
- Take it one step at a time. Any life journey is a slow and sometimes excruciating process. Learn to be patient with yourself and your capacity to accomplish your goals.
- Try consulting with a professional or going into therapy when things get too heavy to handle. Seeking help shouldn't be taboo, it should be encouraged more.
- Surrender in full acceptance and don't try to resist when life unfolds, and reality hits you all at once. The only way you'll survive is when you can adapt to change.
- Share your feelings to the universe without shame. Find a core group of supporters who can listen to you intently without any judgment.
- Respect the space you need when going through grief. It's definitely okay not to be okay.
- Find ways to laugh it out and take things lightly. Laughter is and always will be the best medicine.
- Initiate the change you need in your life. The only way for you to free yourself when you're stuck in a rut is if you take matters into your own hands.
- Check out [Andrea Owen's website](#) for awesome content on how to live a kickass life!