

STELLAR *Life*

Hosted By *Orion*

200th Episode Special! The Story of My Miracle Baby

10 Point Checklist

Orion Talmay

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.

- Follow the Law of Attraction. Focus on everything that you want to manifest in your life.
Your thoughts can become your reality.
- Consider IVF if you're having difficulty in conceiving a baby, but do some thorough research first and choose the best doctor for your needs.
- Have a support system of people who understand what you are going through. They will be your rock during difficult times.
- Try doing a hypnobabies class when you're expecting a child. Hypnobabies teaches medical-grade hypnosis techniques that help create a much more natural birthing environment.
- Research more about home births so that you have an alternative option if you want a more natural approach to birthing your baby.
- Trust your intuition. Listen to what your body is telling you, especially when it comes to your baby's needs. A mother and child's bond is unbelievable, and your instincts are heightened when you've just given birth.
- Visualize the kind of life you want to live. Create a vision board and make yourself a promise that you will accomplish your heart's utmost desire.
- Try to look at the bigger picture. Sometimes not everything happens according to plan, but trust that the universe conspires into making all your desires a reality, one way or another.
- Never give up on your dreams. Even when people tell you that there is a small chance of success, sometimes miracles do happen.
- Send Orion a short message or feedback and let her know your thoughts via orion@orionsmethod.com.