

STELLAR *Life*

Hosted By *Orion*

The Warrior Heart Practice

10 Point Checklist

HeatherAsh Amara

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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"Power does not come from who you know, what you do, or how much money you have in the bank. It comes from blossoming into unconditional love for yourself and embodying joyful faith in your gifts."

HEATHERASH AMARA

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.

- ☐ Start your healing journey with self-acceptance. Accept your situation, who you are, how you're dealing with it, and be forgiving and compassionate with yourself along the way.
- ☐ Create a balance between your masculine and feminine traits. It doesn't have to be a rigid 50-50, but let yourself be able to feel the fluidity of being a modern woman today without the feeling of guilt or shame.
- ☐ Analyze your feelings instead of distracting yourself from them when you are in a tight situation. Sometimes taking a pause and connecting with your inner thoughts can give you more clarity in what you should do next.
- ☐ Have the courage to change your story to live a better, more carefree life. You have the power to alter your life path just by denouncing your delimiting beliefs.
- ☐ Set a clear intention first before solidifying your goals. Only then will your dreams have deeper meanings when your mindset and entire being is ready for them.
- ☐ Accept that your journey to self-discovery is never-ending. There will be times where you're not making as much progress as you used to, and that's alright. What matters is that you don't give up.
- ☐ Never be ashamed of your emotions. If people tell you that you are too emotional, thank them and let them know that it's alright and it's natural for humans to express their feelings.
- ☐ Surround yourself with people who support you and are real with you. Your true supporters don't just cheer you on every single time, they also tell you if there's something wrong.
- ☐ Have a deep understanding of what self-love is about. It's not just about treating or pampering yourself. It's also about learning to say no to anything that is harmful or is no good for you.
- ☐ Grab a copy of HeatherAsh Amara's [Warrior Goddess Series](#) and start your journey to self-discovery today.