

STELLAR *Life*

Hosted By *Orion*

Become Your Epic Self

10 Point Checklist

Amber Sears

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.

- Listen to your heart. Sometimes it's helpful when you get out of your head and follow what your intuition is telling you.
- Find an outlet for your creativity. Don't just work all the time. Find ways to enhance creative skills you don't necessarily use at work.
- Visualize the life you want. Create a vision board to help you manifest your goals and dreams.
- Go on a journey of self-discovery. It can be through travel, a retreat, or finding a mentor who can help you learn more about who you truly are and what you're destined for.
- Surrender to the things you cannot control and just let them be. Don't bother with extra baggage once you learn how to let go of the things that don't serve you.
- Trust the universe is working for you. Channel all that positive energy into creating something worthwhile. It can become something that doesn't just help you but helps others.
- Find a retreat that can help you tune in with your inner self. There are numerous meditation or wellness retreats in your area. If you're feeling adventurous give it a try.
- Don't bottle up your emotions. It's okay to be emotionally expressive and vulnerable. Make sure you live your truth.
- Reconnect with nature. Go offline once in a while. Spend the day outdoors, and breathe the fresh air. Connect with nature.
- Check out [Amber Sears' website](#) to find out more about her retreats and coaching practice.