

STELLAR *Life*

Hosted By *Orion*

Unlock Your Potential to Heal and Transform

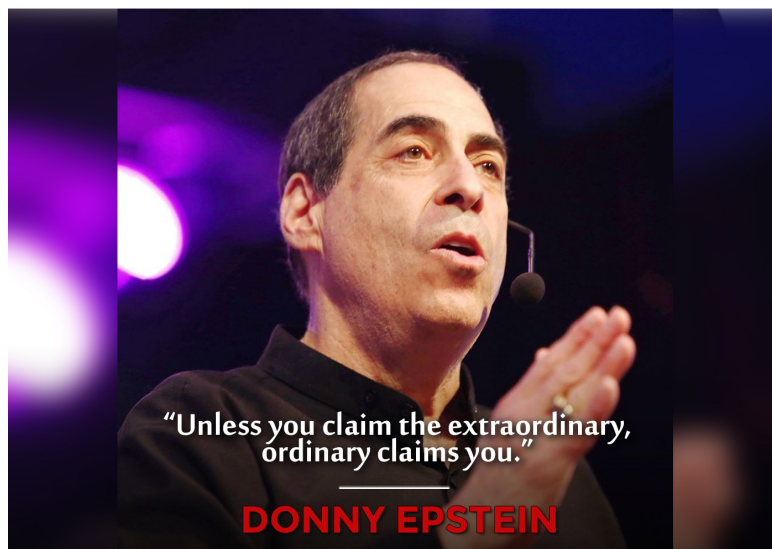
10 Point Checklist

Donny Epstein

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.

- Keep your heart open for all the possibilities and abundance the world is ready to give you.
- Develop a profound understanding of humanity and immerse yourself into diverse ideologies so that you can be more understanding of everyone's differences.
- Be conscious of maintaining a good posture. Sitting up straight, standing tall, and holding your head up high can instantly change your mood.
- There are several types of intelligence. Improve your right brain skills such as your creativity, intuition, and innovation.
- Experience as much of the world as you can. Don't be afraid to try something new especially if it's something to help improve your life.
- Refrain from complaining. If you don't like the situation you're in, find a way to get out of it and create a world that you desire.
- Live deeply and keep discovering your higher purpose in life. If you haven't found it yet, be patient with yourself. Just keep working towards your goal.
- Always give back. Life's greatest blessing is our ability to be a blessing to others.
- Watch Donny Epstein's video on [The EpiEnergetics Experience](#) to witness how he touches people's lives.
- Grab a copy of Donny Epstein's book, [The 12 Stages of Healing: A Network Approach to Wholeness](#).