

STELLAR *Life*

Hosted By *Orion*

Discover Your Why

10 Point Checklist

Kristin Van Wey

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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"You are born with a mission, and that is to discover your gift that you must share with the world."

KRISTIN VAN WEY

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.

- When life seems messy, find time for deep reflection. Think deeply about what you've survived, as well as, how your present choices can affect your future. This will help you gain more clarity on where you're heading.
- Develop your passions through practice and learning. Doing what you love to do, being good at it, and sharing that gift with others will bring you farther than you can even imagine.
- Be altruistic. People find their gifts in different areas, but everybody's sole purpose is to be of service to their loved ones, communities, and the planet.
- Treat every experience you encounter as a lesson and every person you meet as a teacher. Pay close attention to the clues they leave behind.
- Don't be afraid to ask yourself deep questions about life. The deeper you go into yourself, the more you discover who you truly are.
- Establish a strong connection with your spirit. Prayer and meditation hold many answers to your life questions.
- Create something worthwhile. It doesn't have to be a colossal act, as long as you share your gift. If you light up just one soul, you've already made a difference.
- Recharge your energy and rewire your mindset to avoid burnout. Try essential oils to help you feel calmer and more centered without relying on processed chemicals.
- Keep persevering in your dreams. When you focus on the goal and invest all of your energy, there is no doubt you will find what you're seeking.
- Check out [Kristin Van Wey's website](#) for more light and empowerment.