STELLAR Life

Hosted By Orion

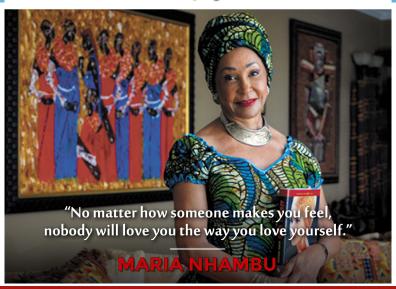
The Dancing Soul

10 Point Checklist Maria Nhambu

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.

Don't let negative labels define you. You are only human. You will make mistakes, but you are not your flaws.
Convert your imperfections into your biggest strengths. For example, if you think you're too emotional or vulnerable, explore different labels like empathetic and caring.
Be your own best friend. Treat yourself as you'd treat one of your closest friends - with respect, love, and kindness.
Don't focus on collecting material wealth. Invest in spending quality time with the people you love. Collect memories, not things.
Always lend a helping hand. The biggest blessing is being a blessing to others. A little bit of kindness goes a long way.
Let adversities give you a new perspective on life. Let challenging times strengthen your faith. You are a higher being in the universe.
Pay close attention to blessings in disguise. Appreciate the little things and remember every dark cloud has a silver lining.
If you can't go outside, go within yourself. Take this time to reflect and evaluate what you can change, improve, and let go of in your life moving forward.
Dance! Play music you love and just move with the beat. Feel the rhythm and connect with yourself. It's very therapeutic.
Check out Maria Nhambu's website to access her stories, dance videos, and books.