

# 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.