

# STELLAR *Life*

Hosted By *Orion*

## The Way of The Highly Sensitive Leader

10 Point Checklist

**Lola Pickett**

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.**

- Be a lot kinder and more patient with yourself. Empaths generally are highly sensitive people. They feel energies most people don't. It can get quite exhausting. Don't be too hard on yourself and remember to take things one step at a time.
- Give yourself space now and then. Empaths can be magnets to people with problems or issues in life because they exude a welcoming aura. Sometimes this can feel too tight in the chest but it's vital to set boundaries.
- Focus on your breathing during adverse situations. Bear in mind, let go of things you cannot control, and that you're only human. It is not your place to save the entire world right here, right now.
- Go on a journey of self-discovery to more deeply assess yourself. Knowing yourself is like giving yourself the ammo to make better decisions to become a better version of you.
- Bring awareness to your patterns and triggers. The more you know what irritates or disturbs you, the more you know how to handle or prevent it from ruining your day.
- Understand that not all your thoughts are the truth. Sometimes things are never as they seem. This means that even your limiting beliefs are total lies you tell yourself.
- Play more. Find something fun to do every day, no matter how tiny the gesture is—even getting dressed and just going to the grocery store or treating yourself to an ice cream counts.
- Take advantage of the power of the pause. Whenever you feel like something stressful is going to happen, pause, collect your thoughts, breathe, and think about what you want to do for a second.
- Validate other empaths. Sometimes empaths are labeled as too emotional. Let others know that's okay. Vulnerability is a strength.
- Check out [Lola Pickett's website](#) for a good dose of light and happiness.