

STELLAR *Life*

Hosted By *Orion*

Release Relationship Blocks and Baggage

10 Point Checklist

Natalie Lue

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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"Our subconscious files everything that we've been through in life. We don't know the overwhelming entirety of its content, but it's all linked up."

NATALIE LUE

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 allow others to disrespect your boundaries and vice versa. Whether it's a friend, family member, or romantic partner, setting healthy boundaries can strengthen bonds between each other.
- Understand everyone handles trauma differently. What may work for someone may not work for you. What may work for you may not work for others. Either way, at the end of the day, you alone know what's best for you.
- Take this quarantine as a time to slow down and think deeply about your life. Since we are encouraged to not go out, start looking within. Dive deep.
- Don't be afraid to face things that are challenging and difficult. Life is not always about peace, love, and ice cream. Sometimes your most difficult trials are what make you who you are.
- Offload anything that feels like excess. It's hard to move on with life while carrying heavy baggage.
- Make peace with your past. Sometimes our past is what we want to hide from the most, but in reality, we wouldn't be standing here today without it.
- Recognize your negative patterns so you become more aware of your emotions and way of thinking. When you know what your triggers are, you develop a better sense of dealing with them.
- Be patient with your healing journey. It's not a one-time or fix-all thing. Once you embark, it's going to be a long road ahead.
- Journal your feelings. It doesn't have to be novel-like. All you need is to write down how you feel at least two or three times a week to keep track of your emotions.
- Check out [Natalie Lue's website](#) to access her blogs, podcasts, course, and books.