

# STELLAR *Life*

Hosted By *Orion*

## Awaken

10 Point Checklist

**JP Sears**

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!



# 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.**

- How would your life be different if you lived it unapologetically? Envision what that life would look like, and then work on growing toward it.
- Eventually the pain of hiding who we are outweighs the pain of stepping into who we are. If you've reached this point, it's time to be brave; release the persona you've created and become yourself.
- Practice differentiating between anticipated or imagined pain and potential real pain, and make choices based on the latter. Often the reality isn't nearly as bad as our fear of it.
- For one month, commit to saying yes when something feels right to your heart or your gut, even when doing so is incredibly scary.
- We often think of non-attachment in terms of belongings. Try applying the same concept to your beliefs; work on becoming non-attached to your opinions and dogmas.
- Exes can be some of our greatest teachers. Think over your past relationships, and write down three things you learned from each.
- Honor your own sexual energy. If you carry shame surrounding it, work on releasing that shame so that you can accept and express your sexual energy instead of clamping it down.
- Make more space in your life for creativity. If you don't yet have a creative outlet, start by getting creative in figuring one out!
- So many of us dim ourselves in a misguided attempt to let other people shine more brightly. Identify several examples of this in your life, and then make the choice to shine.
- What are two things that you know you need to do, but aren't doing because you're somehow blocked on them? Write them down, then put energy into doing or accomplishing them.