

STELLAR *Life*

Hosted By *Orion*

Find Your Inner Light

10 Point Checklist

Jaz Presence

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.**

- For the next two weeks, wake up 30 minutes to an hour early every day and set aside the extra time for meditation.
- If you aren't familiar with meditating, sit still and pay attention to your breath. See how long you can stay focused, and practice doing it for longer each time.
- To obtain clarity on something specific, meditate on that particular topic. You may be surprised by how much clearer the subject becomes after meditation.
- Reframe your perspective if you find yourself thinking you "can't" do something. Your conscious mind creates limitations that aren't true.
- Find examples of people doing things that your mind is telling you that you "can't" do. If you think you're too out of shape to run, look for examples of people who started in worse shape than you.
- When something seems hard, instead of throwing yourself against it over and over, try this: tell yourself that it's easy until you believe it.
- Create wealth by entering a state of fulfillment through giving and loving. The more you give, the more you receive.
- Instead of focusing on who you think you are or what you're looking for in a partner, let go of the identities you've created. This opens you to the possibility of meeting a soulmate.
- If you use substances to alter your consciousness, give them up for two weeks and replace them with meditation, which can also alter your consciousness.
- Every day, try to find a way to hug one stranger (with permission, of course). Also commit to hugging your friends and family more than usual.