

STELLAR *Life*

Hosted By *Orion*

Healing, Love, & Leadership

10 Point Checklist

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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.**

- First, take a moment to figure out what was the most traumatic event of your life. Next, write down at least five positive things that have resulted from it.
- Write down your desires in each of the four main areas of transformation: money, love, vocation, and well-being.
- In the last five years, what sustained changes have you made in each of those four areas? Write down a specific list for each area of transformation.
- Assess whether any lack of changes in any of those areas is because you have a deeprooted negative self-image that you keep finding reasons to validate.
- Acknowledge the cost of being your own worst perpetrator. Instead of dwelling in the past or future, focus on becoming aware of the ways you're holding yourself back.
- Do you enjoy being a victim? Don't accept your own knee-jerk reaction; take a step back and assess the possibility with an open and forgiving mind.
- What experiences and events continue to have a negative impact on your life? Remember that you have the choice to shape your life and reactions, and respond to these events accordingly.
- If you're heavier than you'd like to be, get down on your knees and thank the Universe/ God/a greater force for giving you that protection (as counterintuitive as it sounds).
- To help master your inner critic, picture yourself at age 3 to 5. What did that child do to deserve decades of abuse and negativity? Nothing. Be gentle to your own inner child.
- Reclaim your power by retraining your thought patterns. You have choices, and you can stop telling yourself the stories that lead you to self-sabotage.