

STELLAR *Life*

Hosted By *Orion*

How to Heal and Open Your Heart to Love

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.**

- When you're traveling, remember to take care of yourself. If you aren't refreshed and rejuvenated, you won't be able to give to other people.
- Strip away your family values. You don't need to turn your back on them if they serve you, but do some self-examination and ask yourself who you are without them.
- Ask yourself whether you're figuratively wearing battle armor while walking on a beautiful beach, because you're still trying to protect yourself from a past trauma.
- Remind yourself that you're an expression of your ancestry. You already know what it feels like to be rich and to love deeply; those resources are genetically already there.
- How good are you at being quiet and still? Set aside 20 minutes a day for silent stillness and listen to your body. This gives you a chance to heal past traumas.
- If you can't bring yourself to spend this time in quiet stillness, do some self-examination. Look at the reason that you can't be still and quiet. What are you avoiding?
- Find a partner to keep you focused on your journey. This doesn't need to be a romantic partner, but should be someone who helps you feel safe and will help hold you accountable.
- Work toward allowing yourself to become vulnerable. This doesn't mean being weak, but rather being strong enough to allow yourself to be open.
- Practice gratitude by writing down five things each day that you're grateful for. These can be big, obvious things (a job, a home) or small, unexpected ones.
- If you're having a hard time being grateful, ask yourself these questions: what's the benefit of experiencing the pain that's keeping you from gratitude? Why are you holding onto it?