

# STELLAR *Life*

Hosted By *Orion*

## Real Talk About Life Mastery

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!

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# 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.**

- Keep looking forward. Life is an adventure, and sometimes there is beauty in the unknown.  
Don't be too stuck in the past. Focus on what's ahead of you.
- Don't hesitate to go after your dreams. No one is ever ready, and the perfect time is always now. Sometimes all you need to do is a leap of faith.
- Make people you care about the most feel important. Take time to find out what their love language is, so you know how to take care of them better.
- Never stop learning. Read as much as you can, travel, and try new experiences more often.  
Find a mentor if you want to. Investing in your knowledge is always a win-win situation.
- Keep meeting wonderful people. Build your network with like-minded yet diverse people who can guide and support you in times of need.
- Discover more things that you love doing. Balance out the things you want to do and the things you have to do so it doesn't have to feel like 'work' all the time.
- Help yourself first before helping others. Always bear in mind that you cannot pour from an empty cup. Make sure you're equipped, and you set an excellent example for your followers.
- Tap more into your spiritual being. Most of the time, the right answers are found deep within you.
- Find the blessings in everything, even the bad things. Everything happens for a reason.  
Sometimes the answers aren't as clear, but things eventually fall into place somehow.
- Check out [Loren Lahav's website](#) to learn more about her events, coaching, books, and more.