

STELLAR *Life*

Hosted By *Orion*

The Gift of Self-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.**

- Constantly remind yourself that you are worthy of self-love. It's not selfish to make sure your own needs are met.
- Prioritize self-care. No one will be able to take care of your career, environment or business the way that you can.
- Forgive yourself and don't let negative memories or feelings get in the way of your personal growth. It's easier to forgive others but forgiving yourself brings inner peace.
- Slow down from your busy life. A little bit of stress is good to keep you challenged but too much work can take a toll on your health and well-being.
- Take ownership of everything in your life whether it's good or bad. When you take responsibility for even your littlest fault, you value yourself better.
- Be more aware of your thoughts and analyze them rationally rather than emotionally. Don't let limiting beliefs take over.
- Continue to improve your skills or try out a new one. Self-love is about letting yourself grow and improve as you get older so that you can age gracefully.
- Have a healthy body image. Don't let the media tell you what looks good and what doesn't. You are real, beautiful and incredible.
- Be kind to others and spread positivity so that it will surround you. Being happy and fulfilled makes it easier to love yourself.
- Practice saying no. Don't feel guilty for avoiding something you don't want to do. At the end of the day, people will respect your decision.