

STELLAR *Life*

Hosted By *Orion*

How to Stay Centered, Even When Triggered


10 Point Checklist

Lucia Giovannini

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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“When I was a young girl, people would ask me what I want to do when I grow up. My answer was always, ‘I want to diminish all the suffering in the world.’ Somehow I was led down that path.”

LUCIA GIOVANNINI

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.**

- Be brave enough to ask deep questions and find the answers to them. Searching for meaning makes you more aware of your gifts and life mission.
- Don't resist your calling. Sometimes what you're meant to do isn't totally what you've envisioned. You usually feel considerable shifts in your life when the right time comes.
- Find ways to connect more with your spirit. Pray, meditate, create some art, go for a walk - do something that keeps you grounded and at peace.
- Don't be afraid to start over again, especially if it means achieving the life you truly want. Sometimes life's detours are what lead you down the right path.
- Trust the process. Nothing great ever comes easy. Life's greatest treasures are only accessed by those who prove they're worthy of it.
- Let go of what you can't control. Only choose the right battles you want to fight. Ignore petty stuff so you can focus on your one true purpose.
- Understand that everyone is free to their own opinion. When someone disagrees with you, respect where they're coming from and always come from a place of fairness and equality.
- Write down your feelings in a journal. Internalizing your thoughts and expressing them through writing can help you process your emotions better.
- Live a life of gratitude. Be grateful for your existence and everything Mother Nature gives to you. When you think about it, everything you need is provided by nature.
- Visit Lucia Giovannini's [website](#) to learn more about her mission and upcoming sessions.