

STELLAR *Life*

Hosted By *Orion*

Angels are Among Us

10 Point Checklist

Karen Noé

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!

STELLAR *Life*

Hosted by *Orion*



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.**

- Maintain a constant state of awareness about myself and the universe. Go deeper in your journey within. The more you understand who you are, the more you can understand the world.
- Practice compassion and empathy towards others. Our greatest purpose is to be of service and to discover our gift and share that with our community.
- Forgive and ask for forgiveness. No one is perfect, and sometimes we hurt the ones we love. What's important is we learn from our mistakes and move forward, becoming better than who we were yesterday.
- Focus on the things you can control. Frustration starts when things are forced into being something they are not. Relax and let go of the inevitable.
- Always remember to breathe with intention. Regular breathing exercises help clear the mind and alleviate stress. When the brain is at ease, we tend to be more present.
- Spend time in nature. Lush sceneries, fresh air, and a peaceful environment have a lot of benefits for your health. Taking a hike, going for a picnic, or just reading a book for a few hours is good for you.
- Meditate. Practice in small increments if you're still a beginner and find what method works for you best. There's nothing wrong with not responding positively towards a particular technique.
- Free your mind of worry. Let go and let it be. Accept the things presented before you in this life and believe that everything is a gift, even if it's something you don't want to receive.
- Connect with a higher power and keep boosting your spiritual self. The more you seek for the light, the more you can become enlightened.
- Visit Karen Noé's [website](#) to learn more about her profound thoughts through her books, services, and podcast.