

STELLAR *Life*

Hosted By *Orion*

Life Mastery & Transformation

10 Point Checklist

Kurek Ashley

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.**

- Develop an innate understanding of what healing and self-work are, realistically. It's never a short-term cure. It'll be a long-term commitment as soon as you embark on that journey.
- Make it a priority to keep improving yourself. Whether it's your skills, self-confidence, spirituality, or health, ensure you continuously grow and learn as you go.
- Manage how you think and feel. Your thoughts become actions. Maintain a strong mindset and an open heart despite challenges.
- Take your healing one step at a time. Don't rush the process and be kind to yourself. It's essential to deal with and get through all the pain before considering yourself okay, again.
- Find a mentor, a spiritual teacher, a licensed medical professional, or someone you think can support you best in your healing process. These key people can help you cope and overcome obstacles better.
- Set your standards high and live by example. When you decide to change your life, it's always for the better. Reach new horizons with nothing but the best in mind for yourself and your loved ones.
- Trust yourself with your entire heart and soul. There will be dark days but have faith that there will be light at the end of the tunnel.
- Create goals that are in alignment with your values. Setting yourself up with unrealistic goals may hurt you more than help you.
- Enjoy life! Take it easy and appreciate the simple things. Life is short, and you're only here on borrowed time- you might as well make it worthwhile.
- Visit Kurek Ashley's [website](#) to learn more about his incredible story and how he can help you transform your life.