

STELLAR *Life*

Hosted By *Orion*

Find Your Purpose

10 Point Checklist

Carin Rockind

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.**

- Lead a more meaningful life with purpose. If you feel like you're not meant to be where you are, know that your calling is out there waiting for you.
- Hone your self-awareness through deep reflection. Don't be afraid to ask yourself tough questions that lead you to answers and the right path.
- Talk to yourself with an encouraging voice. Criticism will always be part of your inner dialogue but remember to always go back to a compassionate space.
- Practice self-love on a daily basis. Make it a routine to actively care for yourself at least once a day. Simple acts like morning stretches, long, hot showers, healthy meals, or a nightly skin-care routine can help you feel more you.
- Learn from failures but don't hold on to them. Don't be ashamed of who you once were. Make sure to hold yourself accountable. Promise to keep working on yourself as you go.
- Constantly remind yourself that you are human and capable of making mistakes. Be patient with your journey. What matters now is you're more self-aware of your triggers and patterns. Through time you become better at dealing with them.
- Accept feedback and criticism from people who genuinely care about you. The adage "I don't care what people think" should be changed to "I welcome opinions that will help me become a better person."
- Don't forget to celebrate your wins. No matter how simple they may seem. Acknowledge your blessings and be grateful for what you have in life.
- Inspire and empower others by sharing your message and extending a helping hand as much as you can.
- Visit Carin Rockind's [website](#) to learn more about how to live a life with purpose and gratitude.