

# STELLAR *Life*

Hosted By *Orion*

## Know Thyself

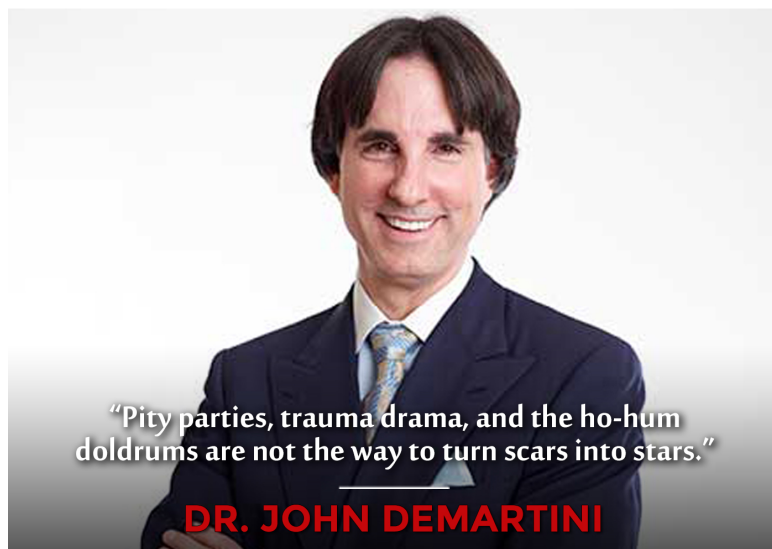
10 Point Checklist

**Dr. John Demartini**

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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"Pity parties, trauma drama, and the ho-hum doldrums are not the way to turn scars into stars."

**DR. JOHN DEMARTINI**

# 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.**

- Improve your level of adaptability to help you manage change better. Change is inevitable, and nothing is permanent in this world. Being adaptable means you're resourceful, creative, and determined to succeed no matter what happens to you.
- Become the master of your destiny by doing everything in your power to achieve the life of your dreams. Nothing great just lands in your lap. You need to work hard for it day in and day out, and the reward will become more fulfilling.
- Stop playing the victim and hold yourself accountable for what is currently happening to you. Avoid blaming others all the time when things go awry and really look deep within to find solutions to your problems.
- Take control and be mindful of your perceptions and actions. Observe how you react to situations and ideas, whether you agree with them or not. Every effort you put out affects you and your surroundings.
- Be courageous enough to let go of what doesn't serve you. Prioritize your happiness and well-being. You cannot pour from an empty cup. You cannot share your light wholeheartedly when you're feeling dim.
- Be mindful of the upside and downside of every decision. There will always be consequences to whatever you do. You just have to make sure it's all worth it.
- Focus on what's important. Then, decide where is best to spend your energy and delegate as much as possible to help free up more time.
- Get to know yourself deeply. Find out what you're intrinsically driven by and prioritize your life according to your goals.
- Stop comparing yourself to others. It will confuse and distract you from what's deeply meaningful.
- Visit Dr. John Demartini's [website](#) to determine your values, discover what drives you the most, and learn more about Dr. Demartini's events and courses.