

STELLAR *Life*

Hosted By *Orion*

Choose Your Destiny

10 Point Checklist

Simone Milasas

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.**

- Always find something that sparks interest and nourishes your soul. That way you'll never get bored. Resources are abundant, and there's always something new as long as you face each day with a curious mind.
- Spend more time outdoors in nature. Get some much-needed vitamin D from the sun, breathe fresh air, and just enjoy the tranquility around you. This calming and therapeutic activity can help keep you grounded.
- Stay aware of your inner thoughts and patterns. Most of the time, our worst critic is ourselves. Your thoughts have the power to alter your mood and outlook. Try your best to keep a healthy mindset.
- Listen closely to your body. The best way to be kind to yourself is to take care of your body. And love involves a lot of discipline. You have to watch what you eat, use, and do to yourself to be in the healthiest shape.
- Evaluate the choices you make in life. Are they helping expand your consciousness? Are they being made with positive intentions? Are they serving your greater good?
- Change your perspective about scarcity. Life is full of choices and opportunities, even when you feel stuck. Of course, there will be struggles, but there will also always be a way out.
- Manifest the life of your dreams. There is so much power in visualization. If your brain can grasp it, you're already halfway to your destination.
- Spend time clearing your space once in a while. Declutter your mind, your house, and your relationships if they no longer serve you. This makes more room for better opportunities.
- Find the gift in everything. Access your consciousness and learn more about it when you visit Simone Milasas' [website](#).