

# STELLAR *Life*

Hosted By *Orion*

## A Glimpse of The Matrix

10 Point Checklist

**Stephan Spencer**

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.**

- Treat every day like a gift. When I view every waking moment as a blessing, I become more content and grateful about everything.
- Focus on the bigger picture. It's so easy to get side-tracked with life's little moments. Never lose focus on the ultimate goal. Remember Stephen Covey's 90/10 principle: ten percent of life is made up of what happens to you. Ninety percent of life is decided by how you react.
- If I ever feel lost in life, know it's possible to ask God for a mission. I was placed in this world with a purpose, and that is to find my gifts so I can share them with others.
- Find a partner who loves me unconditionally but also keeps me in check. It's important to build and nurture a relationship with someone who understands me to my core and supports my goals.
- Pay more attention to the messages my guides are sending me. These messages often come in symbols and metaphors.
- Pay attention to angel numbers. Sometimes we see repetitive numbers such as 11:11, 555, etc. These numbers have meanings and are often meant to serve as messages from our angels.
- Include saying a prayer in my daily rituals. Stephan recites the Ana Bekoach prayer every day. It doesn't matter what type of prayer it is as long as it brings peace to my heart and it creates a connection with my spirit.
- Gain greater awareness in deciphering what is best for my spirit. This world is surrounded by sin. Make it my duty to live righteously and continue to raise my vibration, learning as I go.
- Remain pure in my actions and intentions. Always look out for everyone's best interests in whatever I do. Make sure every effort comes from the heart.
- Keep myself in check. Accept that I am not perfect and I will make mistakes. I am human. However, let my spiritual awakening be a journey of continuously improving myself.