

STELLAR *Life*

Hosted By *Orion*

The Liberation of Our True Self

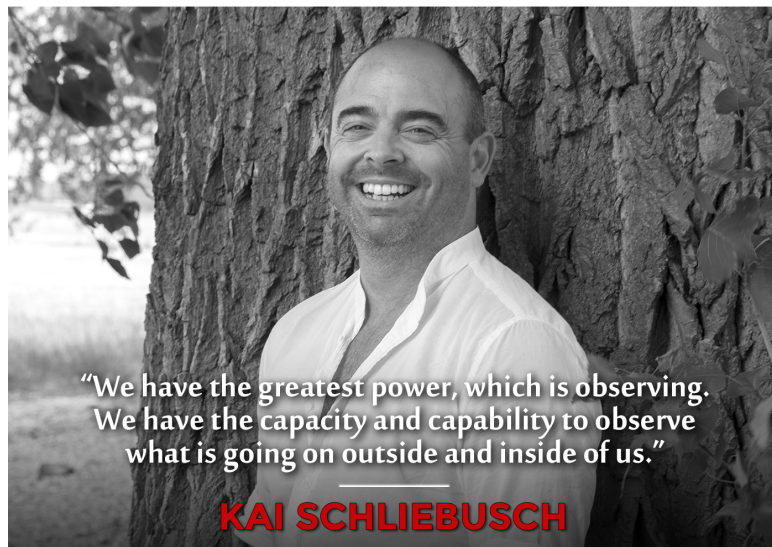
10 Point Checklist

Kai Schliebusch

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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"We have the greatest power, which is observing.
We have the capacity and capability to observe
what is going on outside and inside of us."

KAI SCHLIEBUSCH

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.**

- Learn how to observe. Pay attention to your feelings and how you react to situations. This skill will help you outgrow negative conditioning and react better to conflict.
- Start meditating. Follow a spiritual practice to find inner stillness. Through self-awareness, you stop feeling the urge to react and realize there are no conflicts, only situations.
- Acknowledge your freedom. You are already free. You just need to channel your inner voice and let go of inhibitions. Don't let your environment tell you otherwise.
- Stay positive. Allow the light of gratitude to shine inside. Let it create a ripple effect. See how your life and environment change.
- Prioritize your happiness. Put yourself first before everyone else. Once you elevate, the rest of the world will follow.
- Avoid triggers. Distance yourself from media that may cause fear or anxiety. Instead, focus on what is relevant to you and be open to different perspectives.
- Accept your emotions. Let them come and go. Suppressing them will only lead to an accumulation of bad feelings.
- Understand your conditioning. Learn the connection of why your thoughts, emotions, and behavior are the way they are. Identify destructive patterns and slowly uncondition yourself.
- Allow healing. Open up and face your demons. You stop feeling lost when you learn to heal and let go of suppressed emotions and behavior.
- Visit Kai Schliebusch's [website](#) to find more information about his story, his work, and the process of self-realization. Follow him on [Instagram](#) and [LinkedIn](#) to stay updated about his live events, and seminars.