

STELLAR *Life*

Hosted By *Orion*

Travel the Road to Forgiveness

10 Point Checklist

Sara Schulting-Kranz

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 speak your truth. Honor your experiences by acknowledging they happened. Don't let society pressure you to forget your trauma.
- Share your story. You can start healing and release your trauma once you use your voice. Make your journey an inspiration for others.
- Stay inspired. Life is filled with challenges. Find what keeps you going, and don't lose sight of it.
- Always have hope. Learn how to channel it from within and from God. Then, use it to pull yourself out of any difficult situation.
- Practice forgiveness daily. Forgive yourself first before you forgive others. You let go of pain when you choose to pardon.
- Get in touch with nature. Stepping outside allows you to find clarity within yourself and your situation. Don't be afraid to explore the peace that Mother Earth has to offer.
- Practice self-compassion. Don't be so hard on yourself. Your trauma is not your fault. Be gentle with yourself and give allowances for difficult moments.
- Learn meditation. Being mindful of your emotions helps you manage them better. Take time each day to listen to your breathing and practice self-awareness.
- Feel your emotions. Don't suppress your feelings, especially pain. You allow yourself to heal when you're brave enough to feel even the negative sensations.
- Visit Sara's [website](#), and follow her on [Facebook](#) and [Instagram](#). Grab a copy of her book, [Walk Through This](#) and join her [one-on-one coaching programs](#) to begin your healing and forgiveness journey with nature.