

STELLAR *Life*

Hosted By *Orion*

The Anatomy of Love

10 Point Checklist

Katie Beecher

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.**

- Know your fears. When you know what you're afraid of, you get better at managing it. So confront your fears and don't let them paralyze you.
- Don't be afraid of negative energy. You are always protected and more powerful than it. Stay in control by being brave.
- Start journaling. Be mindful of your thoughts and gut feelings by writing them down. Keeping track helps you understand your intuition better.
- Keep in control. You don't always have to act on your intuition right away. However, understanding it before acting prevents unfortunate outcomes.
- Embrace healing. Accept both the easy and challenging parts of the journey. Each step of the way is crucial for your betterment.
- Love yourself. You can start healing by accepting who you are. Appreciate who you are wholly and stop being self-judgemental.
- Do research. If you're unfamiliar with something, educate yourself first before acting or saying anything. A well-informed decision and action lead to better outcomes.
- Connect to your intuition. Learn to listen from your inner source. Having a solid relationship with yourself allows you to heal and become better.
- Be authentic. Don't let society dictate who you should be. Instead, let your natural self come through and don't force yourself to fit in.
- Visit Katie Beecher's [website](#), and follow her on [Facebook](#) and [Instagram](#). Then, read her book, [Heal from Within: An Intuitive Guide to Wellness](#), to learn how to understand and use your intuition.