

STELLAR *Life*

Hosted By *Orion*

Spirit Guides & The Spirit Realm

10 Point Checklist

Tina Zion

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.**

- Pay attention to your intuition. Your instinct knows what you should or shouldn't do from experience. The downside is most of us are disconnected from it.
- Learn more about the spiritual realm. Discover its origin and intricacies, and you'll quickly realize we are spirits having a human experience and not the other way around.
- Aim to live a balanced life. Keep your overall well-being in good shape: physically, mentally, emotionally, and spiritually.
- Keep an open mind when studying and learning about spirituality. Aside from reading books, talk to like-minded individuals, even polarized communities, to understand where they are coming from.
- Don't be afraid to heed your calling or any messages from guides. Sometimes the signs are the least expected, but there's a reason why they chose you.
- Seek help or assistance if there's a phenomenon in your life you can't explain and solve. There are divine and sacred specialists who can give you answers to your most profound questions.
- Be careful with your choices and who you spend your time with. The people you surround yourself with have a lot to do with your happiness and wellbeing.
- Continue to fight for good. Bad energy doesn't mean it's more powerful. So keep spreading positivity in any little way you can.
- Strengthen your faith in God or a higher power. There's a realm beyond the human race, and a massive part of that happens inside our spirit.
- Visit Tina Zion's [website](#) to learn more about her mission, where you can sign up for her workshops, and how to grab a copy of her books.