

STELLAR *Life*

Hosted by *Orion*

**Deep Healing
Transformation**

10 Point Checklist

Cristi Christensen

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 body and holistic healing journey.
Here are 10 steps that can move you closer to your goals – today.**

- Share anything that has helped you with other people. What you have experienced may benefit the lives of others.
- Keep in mind that yoga is not competitive or comparative. It is a journey into the self for you to get to know and grow yourself.
- Avoid being a perfectionist. Always aiming for perfection will just frustrate and depress you.
- Do not focus on what others think of you. This is your life to live, and you are the only person who needs to approve of your choices.
- Set clear intentions before doing mindful practices like yoga.
- Take more action in life. The only way you can transform and evolve is by doing something.
- Get your body moving. Movement is a gateway to opening up your body. You can try Christi's shake, rattle, and roar technique.
- Do something daily that connects you to the sacred. Plug into your source and feel its support.
- Create a sacred space in your home where you can pray, meditate, do breathwork, and do other holy practices.
- Don't get fixated on the negativities and dwell instead focus on positive things. Always seek the extraordinary from ordinary moments of your life.
- Visit Cristi Christensen's [website](#) to know more about her. Also, check out and buy her new book, [Chakra Rituals: Awakenning the Wild Woman Within](#).