

STELLAR *Life*

Hosted by *Orion*

**Create a Life of Abundance,
Inner Peace, and Growth**

10 Point Checklist

Burge Smith-Lyons

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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"All of these hardships happened to me so that I could share my story and be a walking testimony."

BURGE SMITH-LYONS

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.**

- Surround yourself with like-minded people who support you. They will remind you that you are important, powerful, and can make a difference in the world.
- Don't be scared to be vulnerable. Your vulnerability is the key to having more authentic relationships and being able to communicate.
- Let go of limiting beliefs. Instead, trust that you can do anything and allow a shift in your belief system without asking how because things will start to change if you change.
- Practice how to listen and be heard. This will give you more open communication with others and remove your subconscious belief that you are not important enough for people to hear you.
- Don't let your self-worth depend on other people's opinions. You don't need any approval or affirmation from others that you are good enough.
- Apply the concept of pattern interruption every time a negative belief comes up in your mind. Pinch yourself on your thumb, hand, or arm to bring awareness. The pain stops your thought process.
- Learn how to appreciate one thing about the people around you. Appreciation raises your own and other people's vibration. You will also attract appreciation through this practice.
- Stop blaming others for your situation. You are giving away your power to grow and mature because you are victimizing yourself. Instead, be responsible for your actions.
- Love yourself and understand who you are. Remember that you are important, powerful, make a difference, and you matter.
- Check out Burge Smith-Lyons's [website](#) and the Essence of Being [website](#) to work with her. Also, go to essenceofbeing.com/rel to download Authentic Relationships + Orbiting in Love free podcast recordings.