

STELLAR *Life*

Hosted by *Orion*

Romantic Love and Your Diamond Self

10 Point Checklist

Dr. Diana Kirschner

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.**

- Do the Diamond Self work. Dress yourself to reflect the beauty and attractiveness within you. Always remember that you deserve everything that you have.
- Connect with your superhero self. Create an identity that will allow you to step into version 2.0 of yourself.
- Believe that you can change and step into your greatness. You can be whoever you want to become. And from that place of greatness, you can attract.
- Find someone to grow with. Choose a partner who will give you more love and whom you can also give more love to.
- Blow up the disappointing self. Close your eyes and imagine your negative thoughts like a black cloud. Expand that until it dissipates into nothing.
- Create positive thoughts. Your thoughts matter. When you change those thoughts through imagery, you can create a breakthrough.
- Look for a mentor or coach. Sometimes you need an outside perspective to see the bigger picture and say, "I see this and this in you. I see your greatness. Why don't you try this and that."
- Break free from having relationship-killer beliefs. Instead, have strong intentions to find what you want.
- Connect with people you love to avoid loneliness. You are not wired for loneliness and separation. So, it's important to have interactions with your family and friends.
- Check out Dr. Diana Kirschner's Free Breakthrough-to-Love Coaching Session by clicking on the [Coaching](#) tab on her [website](#). Fill out the form and say "Orion sent me" for VIP treatment!