

STELLAR *Life*

Hosted by *Orion*

Manifesting Wellness and Vitality Against All Odds

10 Point Checklist

Michelle Patterson

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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"I attribute staying on the planet and being so healthy because I followed my intuition and set up a team of doctors."

MICHELLE PATTERSON

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.**

- You have a choice, especially when it comes to your health. Follow your intuition about your health.
- Avoid low-level vibration. The world is operating at a low-level vibration that is hurting you. It can take away your strength, deplete your energy, and create disease.
- As a mom, there is no shame in the way you've shown up for your family. You may not always make the best decisions or have the right answer, but you have shown up with love. And that is the best that you can do for your family.
- Self-love is the key to everything. Start with self-love for healing, your relationships, and your family. Do not be unkind to yourself.
- Don't live in fear. If you show up in love rather than fear, then every day can be a great day.
- Be compassionate. Have compassion not only for yourself but for others and what they're going through.
- Know when to surrender. Surrendering is stepping to the side so the universe can work its magic.
- Meditate. Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and overall health.
- Always be grateful. The attitude of gratitude will help you feel more positive emotions, relish good experiences, improve health, deal with adversity, and build strong relationships.
- Create your wellness team family. You don't have to go into any situation alone. Have people around you that can be your support.
- Visit Michelle Patterson's [website](#) to learn more about her and her advocacy.