

STELLAR *Life*

Hosted by *Orion*

Be the Hero of Your Life Story

10 Point Checklist

Crystal Andrus Morissette

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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"We're not meant to be perfect. We're meant to be whole.'
It means to embody all of these pieces of who we are. Not just body,
mind, and spirit, but all of these wounded little pieces of ourselves."

CRYSTAL ANDRUS MORISSETTE

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.**

- Don't waste your time holding on to grudges or old stories. Instead, decide that your joy, happiness, love, dreams, and passion are more important than your grudges and old stories.
- Choose the way you tell your life story. If you change the way you're telling yourself the story about who you are, you're going to have a better chance of creating a good life for yourself. Make yourself the hero of your own life.
- Allow yourself to fully embody the feeling without becoming the emotion. All emotions are natural and necessary. You need to channel each emotion the right way, and it can keep you in check.
- Don't put people on pedestals. Learn to separate the guru from the message. Just take what you need, and if something doesn't work, just leave it aside.
- Focus on creating great memories. Happy memories are essential to your mental health. It strengthens your sense of identity and purpose and bonds your relationships.
- Learn to connect to your body. Emotions lie in the body. You need to connect with your body and realize the story you're telling yourself. Then, slowly rewrite that story until you are the hero of your own life.
- Open your heart. When your heart is closed, you can't truly experience life. Instead of hiding because you've been hurt and you're scared, unlock it to access the strongest force in the universe, which is love itself.
- Open yourself and be a vessel to the flow of wisdom. Don't be afraid to capture the wisdom of wise and empowered people. It doesn't matter how much you learn because everything you've learned is 0.000000 of the real knowledge out there.
- Get enough sleep and hydrate. Rest and hydration enable recovery for overall health.
- Become your own best friend. No one is going to love you as much as you can love yourself.
- Check out Crystal Andrus Morissette's [website](#) to get to know her more. Also, visit Simply Woman Accredited Trainer's [website](#) to learn more about her coaching and courses.