

# STELLAR *Life*

Hosted by *Orion*

## Breaking-free from Trauma

### 10 Point Checklist

## Yemi Penn

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!

STELLAR *Life*

Hosted by *Orion*



# 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.**

- Acknowledge your traumas. Untreated trauma diminishes your quality of life and prevents you from healing.
- Humble yourself and ask for help when you are facing a difficult situation. Reaching out to others to ask for help is not a weakness. Instead, it is a sign of strength and confidence.
- Change your environment. As Albert Einstein said, "It's very difficult to solve a problem in the same environment in which it was created."
- Dance with fear. The only way to overcome fear is to give yourself enough patience to acknowledge and sit through it.
- Change is inevitable and constant. So don't be afraid of change because it will make you better and stronger in life.
- Break the rules. People create rules, but you can break them and create new rules that will benefit you and the people around you.
- Don't be afraid to speak up—your voice matters. Even in the smallest of circumstances, you have the right to protect your space in this world. If you don't do it, who will?
- Be empathetic to yourself and others. Empathy is one of the most important aspects of creating strong relationships, reducing stress, and enhancing emotional awareness. It will help you understand how others feel so that you can respond appropriately to any situation.
- Contribute the lessons you've learned in life. Your story can help other people facing similar situations you've experienced.
- Check out Yemi Penn's book, [Did You Get The Memo?](#) Also, visit her [website](#) to learn more about her workshops and speaking engagements.