

# STELLAR *Life*

Hosted by *Orion*

## Tell Yourself a Better Lie

### 10 Point Checklist

## Marisa Peer

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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“The only way to have the body you love is to love the body you have so much that you treat it with respect.”

**MARISA PEER**

# 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.**

- Learn to love and respect your body to feel better about who you are. Your body is unique, but your personality, relationships, and values are so much more important than your physical appearance.
- Challenge limiting beliefs. Your limiting beliefs can cause you to miss out on the things you want most, while empowering beliefs can drive you toward the life you want to live.
- Avoid negative self-talk. Focusing on negative thoughts may lead to decreased motivation and greater feelings of helplessness.
- Learn to meet your own needs. Most of your issues come from the fact that your needs weren't met. When your needs are unmet, emotional hunger can result in you feeling unwanted, alone, unfulfilled, lacking, overwhelmed, and put away.
- Be your own cheerleader. Keep your spirits up and cheer for yourself even when others belittle what you're trying to achieve or when you face hostility and setbacks.
- Live in an attitude of gratitude. Look for the little things that make you happy every day. Train yourself to get pleasure from simple things.
- Know that you are enough. Be content and satisfied with who you are. Accept yourself and be a better version of it.
- It's not important to be right; it's important to be kind. When you are always right, you're making someone else wrong.
- Practice forgiveness for yourself and others. People who practice forgiveness have better mental and emotional well-being, more positive attitudes, and healthier relationships.
- Join Marisa Peer's [I Am Enough Online Masterclass](#) to boost your confidence and self-esteem and find your purpose in life.
- Visit Marisa Peer's [website](#) to connect with her and access free audio about love, health, and wealth. Also, check out Rapid Transformational Therapy's [website](#) to learn how to train with her.