

STELLAR *Life*

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Living an Aligned Life

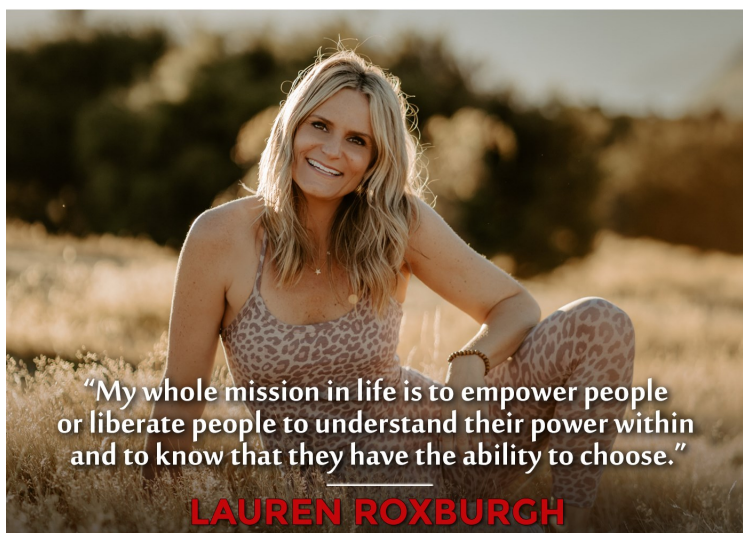
10 Point Checklist

Lauren Roxburgh

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.**

- ☐ Be a seeker, and don't stop learning. Self-growth is key to living a fulfilling life.
- ☐ Breathe properly and efficiently. Effective breathing can provide you with a greater sense of mental clarity. It can also help you sleep better, digest food more efficiently, improve your body's immune response, and reduce stress levels.
- ☐ Hire life or business coaches. You need to have a team around you to help you know your true path. Also, their support and collaboration energy will be a great help in your journey.
- ☐ Be your authentic self. Your behavior, traits, and personality should align with your values and beliefs. It means your actions and choices in life are consistent with how you view yourself at the core.
- ☐ Embody what you want others to do in their lives. You have to be the change and live the change that you want to see in the world.
- ☐ Have time to be quiet and listen to your soul. There are so many more messages that want to come through for you to all grow, evolve, and create a new world.
- ☐ Reframe your relationship to pain. Let it be a communicator from the amazing miracle of your body.
- ☐ Think of eating from skin to soul. Holistic nutrition can help you live a healthier lifestyle and make you feel better physically and mentally.
- ☐ Respect and allow others to choose what they eat. You don't have the right to judge another eater on what they feel the best for the body.
- ☐ Make time for self-care. Taking time to relax and de-stress can improve your mood, brain function, and memory. Relaxation will allow your mind and body to repair itself.
- ☐ Visit Lauren Roxburgh's [website](#) and Aligned Life Studio's [website](#) to learn more about Lauren and her programs and tools. Also, follow her on [Instagram](#), [Facebook](#), and [Youtube](#).