

STELLAR *Life*

Hosted by *Orion*

Your Life's Purpose with Medha Johnson

10 Point Checklist

Medha Johnson

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.**

- Discover your life purpose. Living a meaningful life contributes to better physical health and mental fitness.
- Put your life purpose into words. When you have the language to express your soul-level purpose, your body responds.
- Create a vision for your life purpose. Establishing a vision for your life gives you clarity and direction to move, meaning you can easily control your life's outcome.
- Identify your limiting beliefs and turn them into positive affirmations. Use your successes and strengths to write down affirmations that remind you of just how incredible you are. This will give you the courage to push yourself and achieve more.
- Make time for self-care. You and your needs are important. Having a well-cared-for body can make you feel good about your life and conveys to others that you value yourself.
- Keep a healthy boundary. Without boundaries, you feel depleted, taken advantage of, taken for granted, or intruded upon. Poor boundaries may lead to resentment, hurt, anger, and burnout in work or your relationships.
- Send out positive energy. Good energy can boost your feelings of well-being, dissolve anxiety, and improve communication.
- Be your authentic self. When you get clear on what matters to you, you make decisions that align with your identity and core values. You begin to build a life that brings you meaning and joy. In doing so, you inspire those around you to do the same.
- Be compassionate to yourself and all the living things around you. When you have a sense of compassion, the world is a softer and kinder place.
- Find ways to be generous. There is something amazing about how giving back to other people makes you feel better about yourself.
- Visit Medha Johnson's [website](#) to learn more about her and work with her. Also, follow her on [Instagram](#) and [Facebook](#).