

# STELLAR *Life*

Hosted by *Orion*

## Fear, Resurrection and Living Your Best Life

10 Point Checklist

**Kristin Van Wey**

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 gift that I've been able to step into is using my passion, energy, voice, and intuition to bring awareness."

**KRISTIN VAN WEY**

# 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 open to learning something new and seeing something through different eyes. This will help you to stop repeating the same patterns in your life.
- Understand the importance of being in your body and having a body. Stay in your body and go in. Don't skip the root chakra up and try to live like you want to solve your problems by going out. The answers are inside you.
- Be your own guru. Everything you need to make it through life is already inside you.
- Honor all emotions and experiences. You need those emotions and experiences to grow in life.
- Be willing to have your eyes open in the dark. Circumstances will bring you into the shadows so that you can find your way into the light.
- Be in tune with yourself. Learn to listen to your inner wisdom, divine essence, higher self, and God. Once you have that connection, everything else is just a decision at a time.
- Honor your journey. Be willing to surrender to whatever it is you're experiencing. Allow yourself to feel it, be it, and find the nuggets of truth and genius within every experience.
- Be compassionate to the people around you. When people act a certain way, there's a reason for it, so be curious, have compassion and react with grace.
- Visit LETS' [website](#) to partner with them to end human trafficking, poverty, and abuse. LETS is a nonprofit organization that is changing the face of individuals and communities in crisis through preventative education, proven tools, self-sustaining employment and manufacturing models.
- Check out Kristin Van Wey's [website](#) to know more about her. Also, follow her on [Instagram](#) or [Facebook](#).