

STELLAR *Life*

Hosted by *Orion*

Start Your "Someday When..." Projects Today

10 Point Checklist

Kristin Swanson

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.**

- Create a quiet space in your life. This will allow your higher self to whisper your soul-led goals.
- Say out loud your soul-led goals. There is power in speaking out your goals. .
- Get support and hire a coach. Surround yourself with like-minded people you could talk to when you get into negative moments, shame stories, and limiting beliefs.
- Meditate regularly. Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and overall health.
- Find a modality that works for you, such as EFT (Emotional Freedom Technique) and EMDR (Eye Movement Desensitization and Reprocessing)
- Trust yourself and your intuition. Always follow your guidance. This is one of the most helpful things you can do for yourself in your life. To trust yourself, all you need is to make a little effort, create self-love, and find the ability to look inward.
- Prioritize your nutrition. Good nutrition ensures that your body has the nutrients it needs to function properly, including fighting off disease.
- Always plan your day. This will boost your focus and productivity. Planning daily tasks helps you cut through the noise to bring a few critical tasks into focus each day. It gives a sense of purpose and accomplishment.
- Learn to ask for help because you can't do everything yourself. Asking for help builds connections by allowing others to share their information and resources. This shows people that you trust their ideas, feel competent in their skills, and appreciate their advice.
- Visit Kristin Swanson's [website](#) to get to know her better. Also, download her free Make It Happen planner to get clear on your soul-led and "someday when..." goals and how you're going to make those happen.