

STELLAR *Life*

Hosted by *Orion*

Intuition as a Superpower

10 Point Checklist

Melanie Barnum

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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"Intuition is something that we're all born with. It's our natural birthright. Not everybody uses it as much as others, but we all have it."

MELANIE BARNUM

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.**

- Pay attention and trust your intuition. Step into it, use it, and enjoy it. Listening to your intuition helps you avoid unhealthy relationships and situations.
- Use tools to validate the information you're getting from your intuition – you can use cards or pendulums. Your intuition doesn't have to feel like it is an imaginative thing or something you're creating out of fear, hope, love, or distrust.
- Acknowledge angel numbers and become more aware. Your awareness makes miracles happen and makes the angelic realm come around.
- Learn to communicate with animals. Animals are very intuitive beings. So start talking to them intuitively.
- Be mindful of the words that come out of your mouth. These words can cause you to take crucial steps forward or steps backward.
- Always take everything with a grain of salt. Don't fully trust everything. Instead, research and look into it.
- Find your greatness and step into your power. Be who you are and who you're meant to be because that's where you're going to find your happiness.
- Don't judge others. By constantly seeing the bad in others, you train your mind to find the bad. Instead, be open to others so that you can hear what they want to say to you.
- Stop judging yourself. Stop putting yourself in a position where you're not as good as you want to be, or you're not as powerful, or as important as you think you should be. You're exactly where you should be and where you need to be.
- Visit Melanie Barnum's [website](#) to learn more about her, her services, and her books.