

STELLAR *Life*

Hosted by *Orion*

Awakening to Your True Purpose in Times of Personal and Global Upheaval

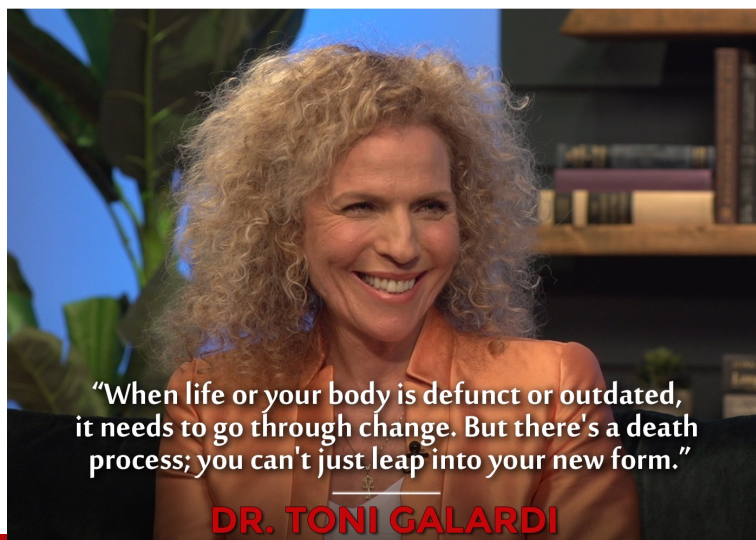
10 Point Checklist

Dr. Toni Galardi

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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“When life or your body is defunct or outdated, it needs to go through change. But there’s a death process; you can’t just leap into your new form.”

DR. TONI GALARDI

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.**

- Don't ignore subtle cues. These cues are trying to tell you it's time for a change. Unfortunately, most people ignore them and self-medicate instead.
- Keep a dream journal. Put intention behind keeping a journal by your bed. When you wake up in the morning, remember your dreams and write. This will allow you to know your next step in life.
- Pay attention to messages from the universe. For example, you may receive messages through synchronicities that use other people or animals. These messages will allow you to make the right decisions in your life.
- Practice meditation. Meditation will allow you to drop into your inner self. Learn to develop the mind-muscle of the observer self.
- Get into the habit of mindfulness. Drop out of the chaos around you. Listen to what the higher self is trying to tell you.
- Let go of attachments. When you stop trying to grasp, own, and control the world around you, you give it the freedom to fulfill you without the power to destroy you. Letting go is letting happiness in.
- Be empathetic. Empathy is not taking on people's pain. It's about holding a space for someone's pain and, at the same time, seeing their highest potential.
- Learn to embrace death. Death is not bad. There is always a part of your life that needs to die so that new life begins. Pay attention to things in your life that need to be released.
- Nourish your mind and body by consuming only what's right for you, whether it's food, thoughts, information, or the people you associate with.
- Visit Dr. Toni Galardi's [website](#) to learn more about her and her services. Also, check out her new book, [The LifeQuake Miracle](#).