

STELLAR *Life*

Hosted by *Orion*

How to Master Your Energy

10 Point Checklist

Christy Whitman

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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“There's so much judgment on having desires in life. However, nothing gets created until there's a burning desire. It's the spark that ignites creation.”

CHRISTY WHITMAN

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 judge yourself based on your past. Instead, look at it from the divine's perspective, and focus on the lessons you've learned along the way.
- Have a sense of respect for who you are. Valuing yourself allows you to understand and believe you are worthy of love, affection, and good things in life.
- Align yourself with your desires. The first step to manifesting everything you want to happen in your life is to align your thoughts, words, beliefs, and deeds with the energy of that which you desire.
- Focus your entire consciousness on your aspirations. Where you focus your attention has a powerful effect on what happens in your life.
- Cultivate joy in the waiting game. Trust the process and have faith that your prayers and requests will be fulfilled.
- Match your vibration with the desires you keep. For example, if you seek passion and purpose, cultivate your energy and connection with the frequency of passion and purpose.
- Be in the space of pure love. Love is the highest vibration in the universe and the start of everything.
- Learn to surrender what keeps you separated from your desire. Examples are false and limiting beliefs, old programming, etc.
- Eliminate the word "can't" in your vocabulary. Can't doesn't feel good because it's coming from lack. For example: Instead of saying, "I can't afford it." You say, "That's not a financial priority for me right now."
- Visit Christy Whitman's [website](#) to learn more about her and her mission. Also, take advantage of her [30-day Watch Your Words](#) program. In addition, check out and read her book, [The Desire Factor](#). You can find her other books at christywhitman.com/books.