

STELLAR *Life*

Hosted by *Orion*

Tap Into Your Divine Feminine Energy

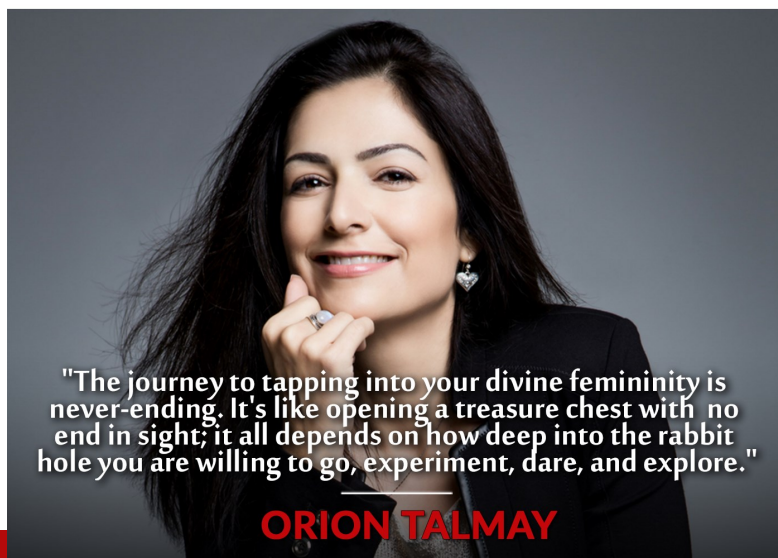
10 Point Checklist

Orion Talmay

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.**

- Take one step at a time to achieve your goals. It's so easy to get overwhelmed when you have a big goal in front of you. It will be easier to approach your goal by breaking it down and taking it slowly.
- Surrender to God, Universe, or a Higher Power. Surrendering isn't turning your life over and giving up control. Instead, it is accepting help and trusting that a power greater than yourself will guide you in the right direction.
- Write your relationship vision. Write what you want in a partner, but most importantly, write who you need to become to attract the person you want.
- Practice self-love. Self-love is the key to mental well-being and keeps depression and anxiety at bay. It is not being selfish but putting yourself first and not being too tough on yourself.
- Hold your standards high. Don't waste your time on someone who will treat you less than you deserve. Knowing your value is key as it allows you to see how lucky someone is to be in a relationship with you.
- Learn to forgive yourself. Self-forgiveness can give you peace of mind, reduce anxiety and stress, and improve relationships with yourself and others.
- Be forgiving to others. Forgiveness can lead to feelings of understanding, empathy and compassion for the one who hurt you. However, it doesn't mean forgetting or excusing the harm done to you or making up with the person who caused the harm. Instead, it brings peace that helps you go on with life.
- Balance your masculine and feminine energy. Having a healthy balance of masculine and feminine qualities can help you be goal-oriented yet surrendered, logical yet intuitive, and confident yet receptive.
- Develop a mindfulness practice. Mindfulness practices can help you to increase your ability to regulate emotions and decrease stress, anxiety and depression. It can also help you focus your attention and observe your thoughts and feelings without judgment.
- Set healthy boundaries. Establishing boundaries is good for you and the people around you. When you're clear about your boundaries, people will understand your limits and know what you are and aren't OK with.