

STELLAR *Life*

Hosted by *Orion*

Natural Wellness and Social Influence

10 Point Checklist

Mona Vand

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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“Impacting even one person to improve their life is a bigger deal than you think. You don’t need to have millions of people see your message. Just helping one person has a butterfly effect.”

MONA VAND

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.**

- Be the best version of yourself - spiritually, physically, mentally, and emotionally. You don't need to be perfect; you just need your authentic self that is open to growing in every aspect of your life.
- Follow and trust your intuition. Listening to your intuition helps you avoid unhealthy relationships and situations.
- Be intentional about everything you do. Intentionality helps you understand the importance and purpose of your bigger vision and directs your mind and actions to help you achieve it.
- Be gentle, be patient, and don't judge yourself. Don't get mad when you mess up. Instead, take everything as a learning experience.
- Practice clean eating. Avoid colorings, additives, and natural or artificial flavors in the food you buy and eat. Always read the ingredient list on the food that you purchase.
- Avoid grains and seed oils. Refined grain consumption can lead to obesity, blood sugar imbalances, mood changes, heart disease and inflammation. At the same time, all seed oils are high in polyunsaturated fatty acids (PUFAs) that can cause inflammation and toxin accumulation in the body.
- Drink lots of water every day. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.
- Have a skincare routine. You're shedding skin cells throughout the day, so keeping your skin glowing and in good condition is important. An effective routine can help prevent acne, treat wrinkles, and help keep your skin looking its best.
- Always wear sunscreen. Wearing sunscreen is one of the best and easiest ways to protect your skin's appearance and health at any age. Sunscreen helps prevent sunburn, skin cancer and premature aging.
- Visit Mona Vand's [website](#) to get to know her better. Also, check out and follow her [TikTok](#) and [Instagram](#) to connect with her and watch her content.