

STELLAR *Life*

Hosted by *Orion*

How to Attract Your True Love

10 Point Checklist

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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.**

- Treat every circumstance in your life as a gift. Everything you experience brings lessons that will help you grow into a better person.
- Set clear boundaries to build trust and healthy relationships. Saying no or enough is good for your health, especially when situations hurt you more than they benefit you.
- Work on healing the pain of your past. Transformation begins with healing. This will allow you to move forward and open up more opportunities.
- Practice bodywork - like dancing, yoga, martial arts, etc. This will allow you to express yourself and move your body optimally. When you move your body in a certain way, you can also impact your emotions.
- Connect with your spirit through grounding and meditation. God is an experience, not a concept. It's about taking some actions to feel God, not just to think God.
- Awaken your inner goddess by embracing womanhood fully. Femininity embraces change, improvement, and being closer to your inner self.
- Respect and hold your partner in high regard. Encourage and help elevate them, and create a space for you and your partner to shine in your own masculine and feminine energies.
- Prioritize self-love. Nurture your well-being first so you can easily share your gifts with others once you feel great about yourself.
- Jot down what you're grateful for every day. In a relationship, gratitude is one of the most important things.
- Don't deny your negative emotions. Allow yourself to feel your feelings before letting them go. If you try to escape your emotions, they will show up differently, hurting you more.
- Come from a place of higher vibration. When you come from a good place, you attract better opportunities.