

STELLAR *Life*

Hosted by *Orion*

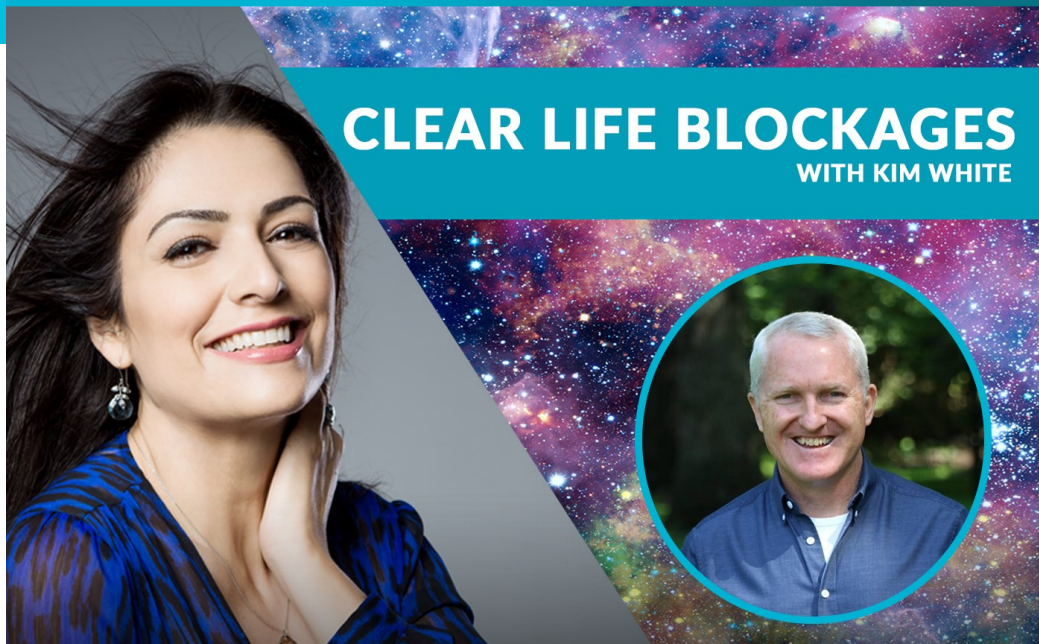
Clear Life Blockages

10 Point Checklist

Kim White

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!

STELLAR *Conversations*



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.**

- Use your sensitivity as a strength. When used right, being emotional and vulnerable can be used to your advantage.
- Treat God as a spirit and not as a religion. According to Kim White, a Higher Power is an experience you go through, not a person, place, or thing to worship.
- Access the higher energy source through prayer and meditation. Find a safe space to remain silent for several minutes and ask for guidance from God.
- Listen more to your intuition. Your gut feelings and instincts are right most of the time. When you're more in tune with your divine wisdom, you become more guided in life.
- Aim to serve and create a world where people help each other. Let the light that guides you become the light that guides others along the way.
- Learn when to detach from bad energy. Cut off toxic people and information that doesn't serve you well. These matters shouldn't have space in your life.
- Prioritize your well-being. Take care of your physical, mental, and emotional health. You can't pour from an empty cup.
- Have faith that all is well and everything will be alright. If things aren't currently in place, it means that the situation you're in is still a work in progress.
- Live life in which you continue to enlighten your spirit. Keep on loving yourself, being kind and forgiving to yourself, and focusing on joy.
- Transform your energy and relationships, and learn how to clear the energy in your space when you visit Kim White's [website](#).