

# STELLAR *Life*

Hosted by *Orion*

**Unleash Your  
Inner Superhero**

**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.**

- Don't let other people's opinion of you weigh you down. Most of the time, what others say about you does not define the true you. As long as you're not hurting those around you, keep doing what you're doing.
- Keep pursuing your dreams. That's your superpower! It doesn't matter where you came from, what you've experienced, and how old you are; remember that you can reach your dreams.
- Don't limit yourself. You have the power to either make or break it. Life is short, and you need to live life to the fullest.
- Open your heart to possibilities. See potential instead of limitations; competence instead of mediocrity; hope instead of indifference; radiant beauty instead of imperfection.
- Focus on what's good and what you can be grateful for. In a place of love and gratitude, fear cannot live.
- 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.
- Release the past and return to love. Transformation begins with healing. This will allow you to move forward and open up more opportunities.
- Awaken your inner goddess by embracing womanhood fully. Femininity embraces change, improvement, and being closer to your inner self.
- Prioritize self-love. Nurture your well-being first so you can easily share your gifts with others once you feel great about yourself.
- Nourish your body, mind, and spirit. Eat good foods, treat your body right, listen to inspiring information, and work on your mindset.