

STELLAR *Life*

Hosted by *Orion*

Living an Inspired Life

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.**

- Treat every circumstance in your life as a gift. Everything you experience brings lessons that will help you grow into a better person.
- Don't limit yourself. You have the power to either make or break it. Life is short, and you need to live it 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.
- 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 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.
- Awaken your inner goddess by embracing womanhood fully. Femininity embraces change, improvement, and being closer to your inner self.
- Balance your masculine and feminine energy. A healthy balance of masculine and feminine qualities can help you be goal-oriented yet surrendered, logical yet intuitive, and confident yet receptive.
- 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.