

STELLAR *Life*

Hosted by *Orion*

Living an Authentic 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!

STELLAR *Life*

Hosted by *Orion*



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.

- Practice self-love. Self-love means embracing everything about yourself. Prioritizing yourself is never an act of selfishness.
- Awareness of your limiting beliefs will allow you to immediately denounce them. Life is short, and it's your ultimate mission to live it to the fullest.
- Open your heart to all the possibilities the world has for you. See potential instead of limitations; competence instead of mediocrity; hope instead of indifference; radiant beauty instead of imperfection.
- Be at peace with your imperfections. We are all humans trying to find a way in this world. Sometimes things don't go your way and that's okay.
- Work on becoming the best version of you before looking for the partner who deserves your love. Your vibrations attract the people that come into your life.
- Create your relationship vision. Write out what you want in a partner, but most importantly, write who you need to become to attract the person you want.
- Listen intently. Listen to the people around you, validate their words, and make them feel heard. The moment someone feels heard, they open up, and there's more possibility to connect.
- Jot down what you're grateful for every day. Gratitude is one of the most important aspects of a healthy relationship.
- Respect your partner and hold them in high regard. Encourage and help elevate them, and allow both you and your partner to shine in your masculine and feminine energies.
- Remove the filter that forces you to see the world in a negative light. Your whole world is reflected in you through the filter of your mind.