

# STELLAR *Life*

Hosted by *Orion*

## Spirit Guides & The Spirit Realm

10 Point Checklist

**Tina Zion**

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.**

- Pay attention to your intuition. Your instinct can guide you to what steps you should and shouldn't take from experience. The downside of intuition is most of us are disconnected from it.
- Learn more about the spiritual realm. Discover its origin and intricacies, and you'll quickly realize we are spirits having a human experience and not the other way around.
- Aim to live a balanced life. Keep your overall well-being in good shape: physically, mentally, emotionally, and spiritually.
- Keep an open mind when studying and learning about spirituality. Aside from reading books, talk to like-minded individuals, even polarized communities, to understand where they are coming from.
- Don't be afraid to heed your calling or any messages from guides. Sometimes the signs are the least expected, but there's a reason why your guides chose you.
- Seek help or assistance if there's a phenomenon in your life you can't explain and solve. There are divine and sacred specialists who can give you answers to your most profound questions.
- Be careful with your choices and with whom you spend your time. The people you surround yourself with have a lot to do with your happiness and well-being.
- Continue to fight for good. Bad energy doesn't mean more powerful energy. So keep spreading positivity in any little way you can.
- Strengthen your faith in God or a higher power. There's a realm beyond the human race, and a massive part of that happens inside our spirit.
- Visit Tina Zion's [website](#) to learn more about her mission, where you can sign up for her workshops, and how to grab a copy of her books.