

# STELLAR *Life*

Hosted by *Orion*

## Consciousness and Breathwork

### 10 Point Checklist

### Kurtis Lee Thomas

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*



### CONSCIOUSNESS AND BREATHWORK

WITH KURTIS LEE THOMAS

# 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.**

- Be curious. Curiosity is essential to your growth. It will lead you to move deeper into your relationships with others and to opportunities you never knew existed.
- Do the work. Once you go through the process of self-growth, negative energy and trauma will leave your body, and you will feel liberated.
- Expand your consciousness. Awaken and become aware of your surroundings.
- Become a warrior, not a worrier. Don't be afraid of what is happening in the world right now. Situations might grow crazier and darker, but light will overcome and everything will get better.
- Quiet your mind to help you think with clarity and receive the answers you seek.
- Show up to a breathwork session with no expectations. Intentionally release things that no longer serve your highest and greatest good and fill those spaces with light and love.
- Be honest with yourself. Honesty is connected to your consciousness, self-awareness, shadow work, and seeing the truth.
- Take care of your body. Your body is your vehicle for life. Your body takes a beating as you live your Earth journey. It's the dirty part of incarnation.
- Check out Kurtis' new book, [The World Is Yours: The Awakening](#). It is one of the best books to give to somebody who's having a tough time waking up.
- Visit Kurtis Lee Thomas' [website](#) or Breathwork Detox's [website](#) to know more about breathwork and all the cool exercises he offers.