

STELLAR *Life*

Hosted by *Orion*

Returning to Love

10 Point Checklist

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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.**

- Work on healing the pain of your past. Transformation begins with healing. Your healing journey allows you to move forward and find better opportunities.
- Exercise self-love daily. Self-love means embracing everything about yourself – especially the imperfect parts. Remember, prioritizing yourself is never an act of selfishness.
- Forgive yourself and others. Letting go and offering yourself forgiveness can help boost your feelings of wellness and improve your image of yourself.
- Work on becoming the best version of yourself before looking for a partner who deserves your love. Your vibrations attract the people who come into your life.
- Don't deny your negative emotions. Allow yourself to feel your feelings before letting them go. If you try to escape your emotions, they will show up differently, hurting you more.
- Practice moving and stretching your body – through dancing, yoga, martial arts, etc. These activities will allow you to express yourself and move your body optimally. When you move your body in a certain way, you can also impact your emotions.
- Awaken your inner goddess by embracing womanhood fully. Femininity embraces change, improvement, and becoming closer to your inner self.
- Balance your masculine and feminine energy. A healthy balance of masculine and feminine qualities can help you remain goal-oriented yet surrendered, logical yet intuitive, and confident yet receptive.
- Practice affirmation. Self-affirmations can strengthen self-worth by boosting your positive opinion of yourself and confidence in your ability to achieve your goals.
- Open your heart to possibilities. See potential instead of limitations; competence instead of mediocrity; hope instead of indifference; radiant beauty instead of imperfection.