

STELLAR *Life*

Hosted by *Orion*

Finding Love, Forgiveness, and Happiness

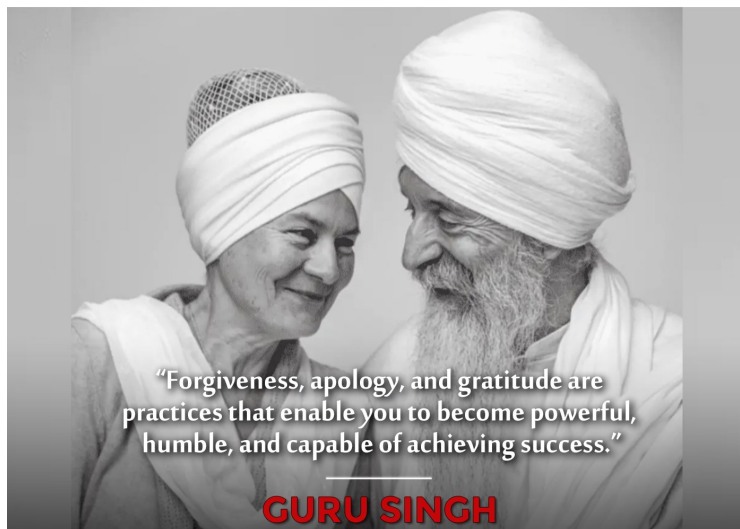
10 Point Checklist

Guru Singh

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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"Forgiveness, apology, and gratitude are practices that enable you to become powerful, humble, and capable of achieving success."

GURU SINGH

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.**

- ☐ Cultivate compassion and grace for animals, humans, and other living things. One must commit to deep compassion and grace in their thoughts, emotions, feelings, and actions to cultivate a loving world and intimate, deep relationships.
- ☐ Practice Kundalini yoga to develop a more intuitive relationship and become more aware. It's both a practice and an experience that enhances your senses and develops your best self.
- ☐ Become an aware warrior with greater courage. Let go of your fears and believe that you are in control to find your way through the experiences in your life.
- ☐ Maintain a teachable spirit to learn, relearn, and unlearn habits and beliefs. Remember you are a work in progress. By keeping an open mind, you will become more aware and begin to see a positive difference.
- ☐ Gain joy from seeing another's happiness. Enjoying someone's happiness and seeing through the lens of abundance is an important aspect of experiencing love.
- ☐ Become adept at nonviolent communication with others. Filter out violent words that cause embarrassment and uncertainty to others and replace them with kind and uplifting words.
- ☐ Deeply forgive. Every healing journey requires forgiveness. The goal is not to make excuses for what you've suffered; it's to let go of any burdens you're carrying.
- ☐ Learn to apologize genuinely. Practice accountability to own your mistakes and make amends that express genuine empathy and regret.
- ☐ Practice daily gratitude. Finding one thing to be grateful for in your day-to-day routine unlocks your power to a more conscious, joyful, and successful life. One actionable practice is to write in a gratitude journal.
- ☐ Visit Guru Singh's [website](#) to join The 13 Moons and access his free meditation resources, subscribe to his weekly newsletters, or shop for tools to help you lead a joy-filled life. Listen to his podcast, [Messages from the Omniverse](#) and follow him on his social media, @gurusinghyogi.