

STELLAR *Life*

Hosted by *Orion*

Trust the Universe

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.**

- Be loving and kind to yourself even through difficult times. Practicing self-love and compassion helps you cultivate an abundance mindset.
- Enjoy and celebrate your achievements. Take pride in your accomplishments to increase confidence and motivation. Celebrate accomplishments, no matter how small, to attract success and joy.
- Keep trusting God's plan. Any relationship depends on trust, especially your relationship with God. Knowing He is trustworthy allows you to rest and wait for His miracles.
- Make a list of the qualities you want to manifest. Don't judge yourself, and envision the tangible qualities that will optimize your best self.
- Positively channel your anger. Deal with anger by accepting your hurt at the hands of others, and boldly letting it go. Discover ways to channel your anger without hurting others, such as strengthening your body or learning new skills.
- Train your brain to think empowering thoughts. Thoughts create feelings, behaviors, actions, and outcomes. When you change your thoughts from a place of trust, you also make a conscious decision to take charge of your destiny.
- Connect with God through breathing and meditation. Meditation and breathing can help calm your mind, and ease feelings of doubt or sadness. Choose a practice that resonates with you for a deeper connection to God.
- Fearlessly express vulnerability. Practice honesty about your emotions to cultivate trusting relationships with others.
- Honor your commitments. Do everything in your power to keep the promises and agreements you have made. You have to become a trustworthy person for others to trust you, and to build trust in other people.
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