

STELLAR *Life*

Hosted by *Orion*

The Energy for Success

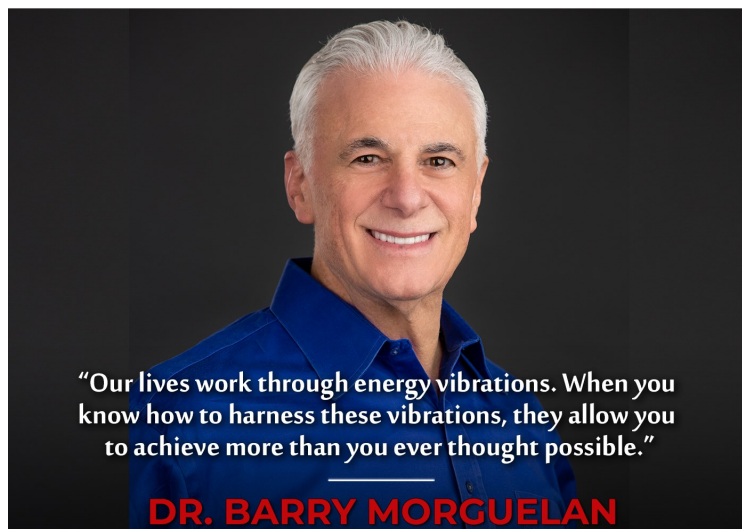
10 Point Checklist

Dr. Barry Morguelan

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.**

- Maintain a balanced life. Your physical health, happiness, and productivity depend on where you direct your attention and energy.
- Build self-esteem by discovering your skills and using them in your daily life. Leveraging these strengths can tremendously boost your personal, career, and business success.
- Create a daily routine that works for you. Take time to figure out how to create and stick to a realistic schedule.
- Go through life's challenges with a positive mindset. The key to overcoming any challenge is perception. How you perceive things greatly affects every outcome in your life.
- Nurture your relationships with others. Supportive, invested relationships make us healthier, happier, and more satisfied.
- Be kind and loving to your body. Self-love requires patience, kindness, and nurturing. Discover what makes your body, mind, and soul happy and healthy.
- Let Source Energy vibrations flow through you to meet your goals. Source Energy connects you to a life-giving force when you focus on what matters most to you.
- Practice guided breathing visualization to experience instant healing energy. Visualization opens specific energy sensors in your body. This discipline activates calm relaxation the more you practice it.
- Experience the Rapid Transformational Vibration Technique and grab Dr. B's special giveaway on this [site](#) if you want energy, vitality, and success in your daily life.
- Visit Dr. Barry Morguelan's [website](#) to learn more about his programs, podcasts, blog, and courses.