

STELLAR *Life*

Hosted by *Orion*

Can Self-Help Induce Anxiety?

10 Point Checklist

Orion Talmay

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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"Self-development is a joyful journey of self-discovery, where facing our inner darkness allows us to embrace the light within and become the best version of ourselves."

ORION TALMAY

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 patient with yourself. Do not rush the process of your self-development. Instead, dedicate your time to making small, consistent progress.
- Focus on your own unique journey and progress. Comparing yourself to others creates unnecessary anxiety and discomfort.
- Cultivate a sense of accountability as a leader. If you take on the role of a leader, you have a responsibility to ensure the safety and needs of others.
- Focus on positive outcomes and actively seek out solutions. Trust that helpful information will present itself when it's needed.
- Choose a leader or mentor who shares your values and goals, and conduct thorough research before committing. Recognize that even the most excellent leaders are not infallible.
- Critically evaluate the information you receive and trust your instincts. Then, use your intuition to make judgments.
- Relieve your anxiety through the tapping technique. Activate your meridian points by tapping certain points of your face, head, and arms to reduce stress.
- Take breaks when needed. It's important to pause momentarily to avoid burnout and engage in activities that bring you joy.
- Celebrate your progress and achievements, no matter how small they may seem.
- To access the latest podcast episodes, visit Orion's [website](#), and join the [Stellar Life: A Community of Extraordinary Women](#) Facebook group to become a part of a supportive community of exceptional women.