

STELLAR *Life*

Hosted by *Orion*

Find Your Bliss

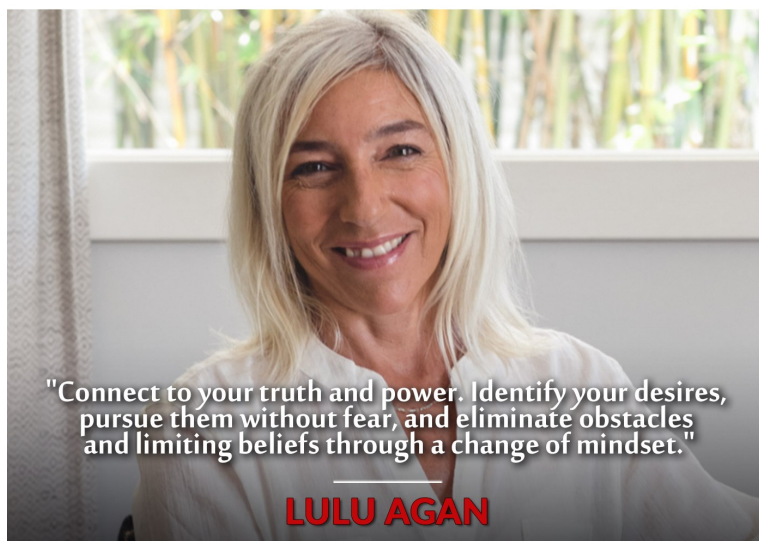
10 Point Checklist

Lulu Agan

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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"Connect to your truth and power. Identify your desires, pursue them without fear, and eliminate obstacles and limiting beliefs through a change of mindset."

LULU AGAN

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.**

- Connect with nature and embrace the outdoors through watersports like snorkeling, diving, or surfing. This brings you positive energy and blesses you with an invigorating experience.
- Embrace curiosity as your life mission's compass. Remember, your mission starts by asking, "What is going on here?" in your quest for self-awareness.
- Learn to navigate the human experience while staying grounded in your inner self. Stay true to yourself. Don't lose sight of who you are internally amidst external influences.
- Proactively seek out what resonates with you. Take steps to integrate new experiences into your life.
- Break the cycle of fear to heal your life and create positive change. Leave behind heartache, disconnect with negativity and disbelief.
- Speak with intention. Choose your words carefully and be mindful of their impact. This can foster healthy communication and build trust with others.
- Tap into your inner resilience. No matter what challenges you face or what material possessions you may lose, remember that you still possess an internal indomitable spirit.
- Avoid assumptions to prevent misunderstandings. Seek clarity through open communication, and make it a habit to verify information and clarify any uncertainties.
- Strive for excellence in all you do, regardless of your circumstances. Give your fullest effort, pursue your passion, and unleash your potential to achieve meaningful impact.
- Visit Lulu's website, swellwomen.com, to connect with her and sign up for her weekly newsletters. You can also follow her on her [Facebook](#) and [Instagram](#).