

# STELLAR *Life*

Hosted by *Orion*

## When Life Gives You Lemons: How to Deal with Life's Challenges

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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# 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.**

- Embrace the possibility of failure as it's often a necessary part of growth. Try and experiment until you gain valuable insights and can refine your approach.
- Trust your instincts and pay attention to your inner voice. Practice tuning into your gut feelings and allowing them to inform your choices.
- Allow yourself to process your emotions and permit yourself to grieve. Give yourself time and space to work through your emotions healthily.
- Seek guidance and support from someone you trust. Be bold and ask for help when needed, and be open to learning from others with more experience or expertise.
- Take accountability for your mistakes and acknowledge the impact of your behavior on others. Strive to make amends to make room for personal growth.
- Discover the lesson or meaning behind negative events or experiences. Every challenge or setback can be an opportunity for growth and learning.
- Establish clear and healthy boundaries to maintain positive relationships. Remember that healthy boundaries are a form of self-love and are essential to your well-being.
- Prioritize your own self-care to strengthen your ability to care for your loved ones. Neglecting your own needs and well-being can lead to burnout, stress, and other negative outcomes.
- Explore new experiences and learning opportunities for continual growth. Remember that there is always room for exploration and development.
- 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.