

# STELLAR *Life*

Hosted by *Orion*

## Awakening Your Inner Nature

### 10 Point Checklist

### Fran Sorin

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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"Gardening has a magical ability to connect us to the natural world, but it's the act of being present and cultivating the Zen of gardening that truly opens us up."

**FRAN SORIN**

# 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.**

- Practice grounding to restore energy, reduce stress, and achieve inner balance. Take the time to step outside and feel the earth beneath your feet.
- Be persistent and patient when growing a garden: As in life, you will encounter countless failures. Success often requires multiple attempts and trial and error.
- Embrace impermanence and imperfection to discover a rich and fulfilling life. By accepting our flaws and the temporary nature of life, we can learn to appreciate the beauty around us.
- Walk in nature (for at least five minutes) to gain a new, positive perspective. Spend your breaks outside and explore green spaces.
- Consciously redirect your thoughts to regain clarity and tune out distractions. When you find your mind wandering, take a deep breath and remind yourself to be present.
- Treat nature as a spiritual sanctuary, regardless of your religious beliefs. Consider using nature as your church, temple, or synagogue to deepen your spiritual life.
- Focus on bite-size changes rather than trying to overhaul your entire life overnight. Start small and build momentum over time.
- Powerfully start your day by waking up early to watch the sunrise. Take a few moments to appreciate the dawn's beauty to profoundly improve your mood and energy levels.
- Commit fully and set your intention to success in order to transform your life. Developing new habits takes time and effort, but the rewards can be life-changing.
- Visit Fran Sorin's [website](#) and follow her on [Facebook](#). For more healthful insights on how to unearth your creative roots through gardening, her book [Digging Deep](#) is a helpful resource.