

STELLAR *Life*

Hosted by *Orion*

From Conscious Uncoupling to Calling In the One

10 Point Checklist

Katherine Woodward Thomas

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.**

- Invest in your personal growth by focusing on your physical, emotional, mental, and spiritual well-being. Take the initiative to transform your life and align yourself with your dreams.
- Take charge of your own experiences. Show compassion to the parts of yourself that are hurting. Break free from negative patterns and illuminate your path.
- Foster a kind, non-reactive, and nurturing relationship with your partner, even if separation becomes necessary. If you have children, co-parent effectively to ensure they don't become emotionally homeless.
- Channel negative emotions into fuel for positive change, aiming for emotional freedom. Strive to break free from emotional imprisonment.
- Reclaim your power and take ownership of your emotions. Remember that even if another is to blame, it's crucial to pay attention to your intuition and take responsibility for your reactions.
- Connect with your younger self to embrace deeper truths. Take responsibility for how you show up in your relationships with yourself and others.
- Ask yourself empowering questions that align your focus with personal growth. For example, "How can I continue to evolve?"
- Confidently seek guidance from the universe to discover the next step in your journey. Patiently await its response.
- Assess and understand your beliefs and how they evolve. Remind yourself of your identity, purpose, and the contributions you have to offer the world.
- Explore Katherine Woodward Thomas' [website](#) for valuable resources to enhance your capacity to love and be loved. Discover her upcoming Conscious Uncoupling course at consciousuncoupling.com.