

STELLAR *Life*

Hosted by *Orion*

Be Your Own Healer

10 Point Checklist

Dr. Nicole LePera

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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"The gold standard in mental health treatment is cognitive behavioral therapy, which emphasizes and prioritizes our thoughts."

DR. NICOLE LEPERA

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 your journey and share it authentically. This can help you connect with like-minded people who can relate to your journey and support you on your path.
- Cultivate safe and supportive relationships. These relationships enable you to spark open conversations, share your struggles, and connect with others on similar paths.
- Practice conscious accountability. Remain open to feedback and consider different perspectives.
- Engage fully with present moments. You can tap into your limitless potential through remaining present and mindful in your daily life.
- Practice self-compassion and release shame. Be kind to yourself, especially during challenging times. Recognize that shame is not your identity.
- Honor your uniqueness and embrace your true self. Avoid comparing yourself to others and celebrate your individuality. Authenticity allows you to attract genuine connections.
- Develop conscious self-awareness. Pay attention to your self-perception and make conscious choices that align with your authentic self.
- Set compassionate boundaries in your relationships. Honor your needs and well-being by establishing clear boundaries with others.
- Make self-reflection a priority. Set aside time for journaling or self-exploration to develop deep self-understanding and to facilitate self-growth.
- Visit Dr. Nicole LePera's websites, theholisticpsychologist.com and selfhealerscircle.com, for more information on the power of self-healing.