

STELLAR *Life*

Hosted by *Orion*

Multi-Dimensional Timeline Shifting

10 Point Checklist

Wendy Paquette

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!

STELLAR *Life*

Hosted by *Orion*



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 moments of awakening. Reflect on the misalignment between your external world and internal state. Recognize that this awareness is the first step toward transformation.
- Seek realignment to the universe to reveal the power of your intention. Don't hesitate to ask for what you need, whether it's guidance, clarity, or healing.
- Trust your intuition and let wisdom flow through you. This helps you channel your soul and connect with higher energies. Remember that you are the creator of your reality.
- Release your fear of mistakes. Trust that your intention and connection will guide you. Don't let fear hold you back from exploring your innate abilities.
- Embody oneness as a way of life. Strive to fully embody understanding. Realize that you are connected to everything in the universe and can tap into boundless wisdom and energy.
- Release the need to know "how." Focusing on "how" can be a trap and keep you in a state of uncertainty. Instead of fixating on how things will unfold, focus on where you want to go and remain open to unexpected paths and solutions.
- Turn on the light in your mind's eye whenever you feel stuck or lost. This exercise represents the ease with which you can shift your perspective and illuminate your path.
- Practice emotional alchemy. When triggered by negative emotions, recognize them as indicators that you need to shift your perspectives and methods. Turn inward to work on transformation and experience emotional alchemy that leads to positive change.
- Be patient and kind to yourself. Keep in mind that transformation takes time. Be compassionate with yourself as you navigate your journey toward self-awareness and empowerment.
- Check out Wendy Paquette's [website](#) to get your [timeline assessment](#) and access her books and other resources.