

# STELLAR *Life*

Hosted by *Orion*

**Pleasure, Power, and Purpose**

**10 Point Checklist**

**Connie Chapman**

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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"Reconnecting and reclaiming your feminine essence is part of creating the most magnificent and stellar life possible."

**CONNIE CHAPMAN**

# 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 personal development journey. Remain curious. Learn more about yourself and your potential.
- Explore holistic healing and nurturing rituals. Consider various holistic healing methods like yoga, naturopathy, and Reiki to connect with your body and mind.
- Transition to a purpose-driven career: If you're unhappy with your current job, explore opportunities that align with your purpose and values.
- Balance your masculine and feminine energies. Be aware of your energy balance and learn to embrace both your masculine and feminine sides.
- Learn to receive. Work on your ability to receive support and love, both from within and from others.
- Be authentic and relatable in your interactions with others. Don't hide your imperfections; they make you human.
- Check in with your body regularly to identify its sensations, emotions, and needs. Engage in activities that bring you into your body, such as intuitive movement.
- Explore sensual practices like using nourishing oils for breast and body massages. Utilize essential oils to shift your energy and enhance your daily experiences.
- Cultivate self-love by engaging in body massages and mirror work. Remember that your body responds to how you think and feel; loving it will help it thrive.
- Visit Connie Chapman's [website](#) and follow her on [Instagram](#). Explore her [podcast](#) and other programs offered on her website.