

STELLAR *Life*

Hosted by *Orion*

Inner Peace and Outer Success

10 Point Checklist

Jennifer Lyall

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.**

- Implement a self-check ritual. Throughout your day, assess your physical, emotional, mental, and spiritual well-being. This practice can recharge your inner battery.
- Embrace imperfection. Grant yourself grace on days when your energy is low. It's okay to have a messy house or allow imperfections in your work.
- Trust the universe. Let go of resistance and have faith in the universe. This will unburden you from trying to handle every aspect of your day on your own.
- Engage in empowering self-talk. Shift your inner dialogue from "everything is so hard" to empowering affirmations that support your journey.
- Create daily spiritual practices, such as meditation, energy clearing, and connecting with symbols or codes to nurture your spiritual well-being.
- Transform your identity and habits. Make a daily commitment to align your habits and self-identity with who you aspire to become. Discipline paves the way for lasting change.
- Nurture creative insights. Experiment with intuitive writing. Reflect on your dreams for valuable insights to break through stagnation.
- Re-script your dreams. Transform nightmares into positive storylines through conscious re-scripting. This process can reshape your subconscious fears.
- Cultivate a habit of daily prayer or set positive intentions to channel your energy and focus toward your desired outcomes.
- To learn more about Jennifer Lyall, visit jlyall.com. You can explore Jennifer's upcoming workshops and inquire about one-to-one sessions. Connect with her on [Instagram](#), [Facebook](#), and [LinkedIn](#).