

# STELLAR *Life*

Hosted by *Orion*

## Forgiveness and Transcending Darkness

### 10 Point Checklist

### Rhonda Britten

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.**

- Take time to reflect on your past and identify any deep-seated fears or emotional wounds that might be holding you back. Self-awareness is the first step towards healing.
- Acknowledge and confront your deepest fears, even if they seem irrational or uncomfortable. These fears often underlie other surface-level anxieties.
- Understand that forgiveness is a powerful tool for healing. It doesn't mean condoning the actions of others but releasing yourself from the burden of carrying resentment.
- Embrace vulnerability as a strength, not a weakness. It takes courage to face your fears and share your story.
- Set realistic goals. Break down your goals into manageable steps. Avoid setting yourself up for failure by expecting too much too soon.
- Accept your shadows. You are both light and dark, and this duality is part of being human. Embrace your shadows and learn from them rather than pushing them away.
- Recognize that each person has a unique "wheel of fear" that drives their behaviors and reactions. Take the time to identify your specific fears.
- Be kind to yourself on your journey. Self-compassion is essential in accepting your shadows and embracing your authentic self.
- Embrace the philosophy that forgiveness is about taking back your power and sovereignty. Forgiveness breaks the emotional ties that bind you to past grievances.
- Explore Rhonda Britten's resources on [fearlessliving.org](https://fearlessliving.org). You can also download her course, "Stretch Risk or Die," at [go.fearlessliving.org/risk](https://go.fearlessliving.org/risk). Join the [Fearless Living Community](https://www.facebook.com/fearlesslivingcommunity) on Facebook for additional support and insights.