

STELLAR *Life*

Hosted by *Orion*

Creating a Life of Flow and Fulfillment

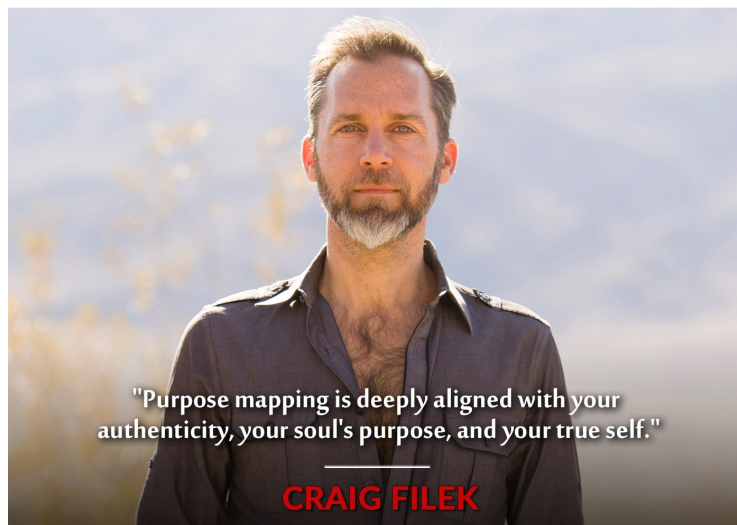
10 Point Checklist

Craig Filek

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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"Purpose mapping is deeply aligned with your authenticity, your soul's purpose, and your true self."

CRAIG FILEK

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.**

- Clarify your purpose by doing deep inner work to excavate your inner truths that are hidden by your shadow.
- Reclaim your past energy, attention, and power by cleaning up messes and holding yourself accountable.
- Make sure your basic needs are met before you attempt higher goals. Use Maslow's hierarchy as a checklist to ensure you fill your needs.
- Understand social conditioning, family expectations, and religious beliefs can often lead people away from their authentic selves.
- Recognize how the need to conform and fit in can create a shadow within you. This can cause you to disconnect from your true instincts.
- Move beyond basic survival instincts and societal expectations. Work toward self-actualization and live in alignment with your life's purpose.
- Maintain a balance between love, money, and vision. Encourage yourself to find a harmonious equilibrium among these elements.
- Make choices that align with your authenticity and purpose, even in the face of conditioning or social expectations.
- Consider relational healing and accountability work as part of your personal growth journey. This can help repair relationships and bring closure to unresolved issues.
- Connect with Craig Filek and explore resources related to purpose mapping and personal growth at purposemapping.com.