

STELLAR *Life*

Hosted by *Orion*

**Get Quiet and
Trust Your Soul**

10 Point Checklist

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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.**

- Embrace the power of silence. Find a quiet moment in your day and allow yourself to listen to your inner voice. Trust the guidance, clarity, and wisdom that comes from within.
- Experience true freedom by surrendering control. Release the need for absolute control in your life. Surrendering can lead to profound freedom and personal growth.
- Clear your mental space. Address the racing thoughts in your mind by envisioning a healing light. This simple practice can help clear your mind and create a sense of calm.
- Tap into spiritual guidance. Remember, you are not alone in your journey. Access the wisdom of your soul, connect with the divine, and heed the counsel of spirits and guides that are there to support you.
- Analyze the origins of your trauma to begin the healing process. Delve into your past to gain insight and clarity about your pain.
- Express and release emotions. It's essential to express and process your emotions to heal your trauma. Allow yourself to cry, voice your feelings, and let go of your emotional burden.
- Mindfully navigate your past. As you embark on the path of emotional release, avoid falling into the trap of victimhood and negative thought patterns. Break free from this cycle.
- Change your narrative. Rewrite your story. Even in challenging circumstances, you may not fully grasp the big picture. Choose to create a positive, empowering narrative.
- Access spirituality as a powerful tool to receive and spread love and light to others. Recognize that divine love resides within you and extends to the world around you.
- Begin your self-care journey with Elaine Glass by downloading [The Ultimate Self-Care Checklist](#) from her website at elaineglass.net.