

STELLAR *Life*

Hosted by *Orion*

Find Your Passion Archetype

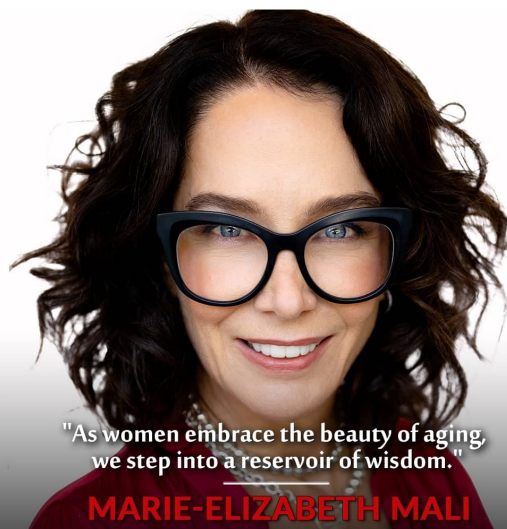
10 Point Checklist

Marie-Elizabeth Mali

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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"As women embrace the beauty of aging,
we step into a reservoir of wisdom."

MARIE-ELIZABETH MALI

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.**

- Discover your passion. Take the time for inner reflection and explore what truly lights you up. Explore what you care about and what you want.
- Embrace and nurture your whole self. It's essential to feed each part of your identity through self-care and self-discovery.
- Apply preventative self-care measures to avoid reaching a breaking point. Regularly invest time in activities that replenish your energy and nurture your passions.
- Overcome the guilt you may feel about self-care. By filling your cup, you'll have more to give to your relationships and responsibilities. Prioritize guilt-free self-care as a way to maintain balance and prevent resentment.
- Explore the five passion archetypes, identify which one resonates with you, and understand their strengths and potential pitfalls.
- Learn to direct your passion and desire in a clear and healthy way to avoid negative consequences.
- Cultivate a deep connection with your nervous system. Practice gentleness toward yourself, especially when you feel triggered.
- Ensure you meet your fundamental needs: sleep, nutrition, digestion, physical activity, and intimacy. If any of these basic needs are unmet, seek help to address them.
- Develop an appreciation for the positive aspects of your life, even in challenging circumstances. Acknowledge and be grateful for even the smallest good moments, including kind gestures from others, connections, and other simple joys.
- Visit yourpowerquiz.com and take the quiz. Don't forget to check your follow-up emails for a link to the podcast to discover valuable insights and additional information from Marie-Elizabeth Mali.