

STELLAR *Life*

Hosted by *Orion*

Lead Like a Woman

10 Point Checklist

Susanne Goldstein

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 a meandering path. Do not hesitate to pursue various opportunities and chart your own distinct path.
- Create opportunities. Visualize where you want to go and who you want to meet, and open doors by taking proactive steps towards your goals.
- Manifest your goals through kindness, curiosity, and persistence. Practice radical acceptance to foster understanding and connection in challenging situations.
- Acknowledge the societal pressure on women to adopt masculine traits for success. Understand the historical context and how it has shaped expectations for women in various fields.
- Be open to both feminine and masculine energies. Embrace the balance between these energies, recognize their strengths, and leverage them in different situations.
- Heal feminine and masculine wounds. Identify and address wounded aspects of the feminine and masculine within yourself. Recognize behaviors that stem from societal conditioning and work toward healing. This allows authentic, empowered expressions of both energies.
- Cultivate consistent connections with both feminine and masculine powers. Explore healing practices to maintain a balanced and empowered state.
- Establish boundaries that allow you to give your all without compromising your well-being. Recognize when to step into masculine energy for productivity and when to embrace feminine energy to receive and create positive change.
- Practice regular self-reflection to explore feelings and address emotional challenges. Embrace healing practices to navigate painful emotions and promote personal growth.
- Connect with Susanne Goldstein through her website, susannegoldstein.com, and explore her programs, communities, and free training sessions. Follow Susanne on Instagram ([@followsusanne](https://www.instagram.com/followsusanne)) for updates and insights.