

STELLAR *Life*

Hosted by *Orion*

Brilliant Soulful Science: Exploring Quantum Biology and Breakthrough Nutraceuticals

10 Point Checklist

Kevin Hines

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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"Become a beacon of kindness—pump out as much love, light, and energy as possible."

IAN MITCHELL

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.**

- ☐ Be kind to everyone. Practicing kindness boosts overall well-being, reduces stress and fosters a sense of fulfillment.
- ☐ Eat healthy, natural foods. Healthy eating habits contribute to your long-term health, prevent chronic diseases, and promote longevity.
- ☐ Meditate regularly. Meditation is scientifically proven to reduce stress. It relaxes your body and calms your mind, which can lead to improved mental clarity and emotional stability.
- ☐ Question assumptions and think about the long-term. Develop critical thinking, cultivate a deeper understanding of situations, and avoid making decisions based on faulty or outdated beliefs.
- ☐ Identify and address the root causes of your issues to effectively problem-solve. Solutions that target root causes often have far-reaching positive outcomes.
- ☐ Help humanity progress. Every positive contribution, no matter how small, contributes to the collective advancement of humanity and builds a better future for generations to come.
- ☐ Focus on expanding your consciousness. This involves a continuous journey of self-awareness, which develops empathy, connection, and a sense of unity with others.
- ☐ Radiate love and light. Uplift others and create a positive environment for others. This can have a profound impact on relationships, communities, and the overall social fabric.
- ☐ Utilize plant medicines with a mindful and responsible approach to their therapeutic properties. Ensure you use these medicines for healing purposes.
- ☐ Go to Ian Mitchell's website, wizardsciences.com, to discover the technology, products, and services offered by Wizard Sciences.