

STELLAR *Life*

Hosted by *Orion*

From Darkness to Light: How Light Therapy Heals and Transforms Life

10 Point Checklist

Allison Pelissier

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.**

- ☐ Find presence through meditation. Discover inner silence. Set aside five to ten minutes each morning to sit in stillness and tune into your breathing.
- ☐ Spend time connecting with nature every day. Take mindful walks and pay attention to the sights, sounds, and smells around you.
- ☐ Practice forgiveness for yourself, others, and the world. Start by forgiving small things that bother you. Remember, we all make mistakes. Embrace mistakes as part of your growth.
- ☐ Let go of grievances. Make a list of grievances you're holding onto and visualize letting them go. Replace grudges with loving, positive thoughts.
- ☐ Ask for help when you need it. Reach out to friends, family, and professionals, and consider it an act of courage.
- ☐ Try new ways to change your “stuck” patterns. If new behaviors and actions don't work, be open to trying new things. New activities can refresh your perspective.
- ☐ Take care of yourself and your needs. Tune into what your mind and body need. Self-care strengthens your ability to show up for others.
- ☐ Use tools like light therapy to shift your state of mind. You can try practices like sound baths and yoga to promote relaxation and inner peace.
- ☐ Bring playfulness and laughter into your life. Laughter relieves stress and connects you to joy, so incorporate it into your life.
- ☐ Learn about Lucia Light at lucialightexperience.com. You can connect with Allison Pelissier's gift through one-on-one sessions with vortex healing and intuitive reading, and schedule sessions via direct messages on her [Instagram](#).