STELLAR Life

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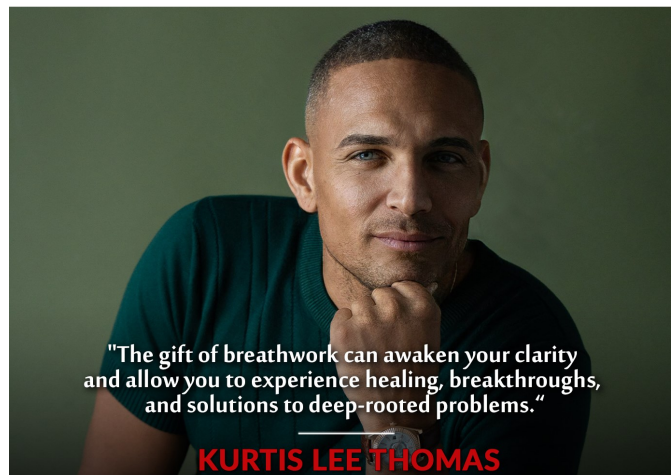
Healing and Activating Through Breathwork

10 Point Checklist

Kurtis Lee Thomas

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!

"The gift of breathwork can awaken your clarity and allow you to experience healing, breakthroughs, and solutions to deep-rooted problems."

KURTIS LEE THOMAS

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.

☐ Turn off the news and avoid scary movies. This helps to prevent programming your subconscious with negativity. Give your mind a break from the constant barrage of fear and despair.

☐ Unfollow social media accounts that evoke negative emotions. Remember, you have the power to curate your online experience.

☐ Align your actions with your vision to attract like-minded people. When you operate from a foundation of authenticity and passion, you'll naturally draw in individuals who resonate with your energy and goals.

☐ Practice breathwork or meditation to increase clarity and solve problems. When you create space for stillness, the answers you've been seeking often reveal themselves with crystal clarity.

☐ Honestly reflect on your strengths and weaknesses. Celebrate your gifts without ego and compassionately acknowledge areas for improvement.

☐ Stay curious and ask questions to stimulate personal growth. A beginner's mindset and a thirst for knowledge will keep you engaged, inspired, and ever-evolving.

☐ Surround yourself with a supportive team or community. A network of positive, like-minded individuals can provide you with encouragement, accountability, and fresh perspectives.

☐ Focus on your purpose and passions. When you align your daily actions with your "why," even mundane tasks take on profound meaning.

☐ Delegate tasks to team members or professionals who excel in those areas. This will alleviate your workload and ensure a higher-quality outcome.

☐ Connect with Kurtis Lee Thomas by following him on Instagram @manfromthestars and visit breathworkdetox.com to learn about his breathwork programs, services, and upcoming virtual events.