

The 10 Steps that *changed* my life

These are the steps that helped me the past few years. They're not about becoming someone else or working harder. They're about reconnecting with who you already are, calming your nervous system, and creating a life that feels aligned with who you truly want to be.

You don't have to apply everything at once. Start with one step. Then another. Small shifts, repeated consistently, create extraordinary results over time.

1. Follow your heart

Deep down, you already know what feels right for you. Your heart often whispers long before your mind understands. Dare to listen to that inner voice, even if it doesn't make sense yet.

2. Take the first step... and then the next one

You don't need the whole plan. Clarity comes through action. Focus on the next small step instead of the entire staircase.

3. Change your beliefs

Your beliefs shape the way you see yourself and the world. Ask yourself: Is this belief actually true, or is it something I learned? New beliefs create new possibilities.

4. Be honest about where you are

Real transformation starts with honesty. Don't judge yourself. Simply acknowledge your current situation. You can only change what you're willing to see.

5. Create a crystal-clear vision

Know exactly what kind of life you want. How do you want to feel? What does your ideal day look like? The clearer the vision, the easier it becomes to move toward it.

6. Understand that everything is energy

Your thoughts, emotions, and actions all carry energy. When you consistently shift your inner state, your outer reality begins to shift as well. What you embody is often more powerful than what you wish for.

7. Start living from your future self

If you knew with complete certainty that your dream would come true, how would you think? How would you treat yourself? How would you walk into a room? Practice becoming that version of yourself today. When certainty replaces fear, your nervous system can finally relax.



8. Regulate your nervous system

A calm nervous system creates space for creativity, confidence, and new opportunities. Prioritize activities that help your body feel safe: meditation, breathwork, walking in nature, visualization, affirmations, quality sleep, and real moments of rest.

9. Let go of control

You don't have to force everything. Take inspired action, but release the need to control every outcome. Trust that not everything has to happen on your timeline.

10. Become consistent

Life changes through small daily choices, not one massive breakthrough. Every healthy meal, every walk, every courageous conversation, every kind thought about yourself matters. Consistency beats perfection.

These are the ten principles that have shaped my life over the past few years. They didn't change everything overnight—but together, they changed everything over time.

If there's one thing I hope you remember, it's this: Your dream life doesn't begin the day everything changes. It begins the day you start becoming the person who believes it's possible.

Ready to change your story?

With love, Dorian

