

STELLAR *Life*

Hosted By *Orion*

Powerful Presentations & Storytelling

10 Point Checklist

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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.**

- Enrich your mindset by reading fiction and getting excited about creative writing and the world of literature.
- Over 90% of communication is non verbal. Emotionally engage people and grab their attention with not only what I say, but how I say it.
- Show you story instead of telling it by engaging all five senses to make your audience actually feel the story.
- Develop presence by standing tall, holding your head high, being still, and saying less rather than more.
- Become a better presenter by opening your presentation with a story or question rather than an introduction.
- Arouse curiosity when telling a story by coming in late and leaving early or starting your story in the middle of a conflict.
- Write down the benefits of your product or service, then describe the benefits using the language of the senses taste, feel, smell, etc. for effective communication.
- Understand what kind of message your body is saying through your movement. Pacing could portray nervousness while stillness portrays control.
- Use bullet points to guide you when you give speeches to sound natural as opposed to reading a scripted speech.
- Apply the “Frankenstein template” to build a strong presentation that is ‘alive’ by making your message the heart of your presentation.