

STELLAR *Life*

Hosted By *Orion*

Confidence & Visibility for Women

10 Point Checklist
Lisa Marie Pepe

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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"Try new things even if you are afraid to do it!"

LISA MARIE PEPE

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.**

- Get in touch and work on your internal self through activities you can enjoy doing alone such as praying, journaling, and reading.
- Find time to count your blessings and express gratitude every day. It can be as simple as being thankful for waking up in the morning and getting a chance of another day.
- Write positive affirmations for yourself when journaling to reprogram your automatic thoughts. Then put those positive affirmations on Post-it notes and place them around your home.
- Do not compare yourself to other people's achievements. Success and happiness is subjective and life isn't perfect. Strive to be your own unique person.
- Read self-help books and listen to audio about positive mindsets. Use these tools as motivation and encouragement for your transformation.
- Forgive yourself for past mistakes and let go of guilt, shame, and excess baggage to move forward with love and kindness towards yourself.
- If you ever find yourself stuck in a rut, find ways to reprogram your internal dialogue, thoughts, and words to be positive towards yourself.
- Say your affirmations when you are in a positive mood. Make sure your affirmations are believable to your conscious mind. You can project the future with phrases like "when I become..."
- Don't let your fear stop you from doing what you really want to do with your life. Achieving success usually starts with getting out of your comfort zone.
- Understand that rejections are a part of life and that it's not the end. When one door closes, another one opens.