

# STELLAR *Life*

Hosted By *Orion*

## Styling Your Life to Your Highest Potential

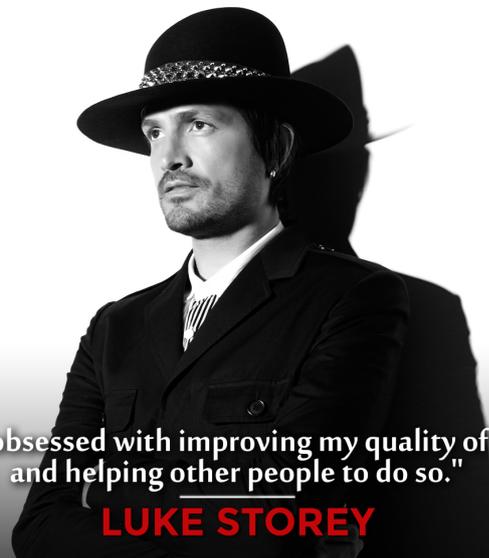
10 Point Checklist

**Luke Storey**

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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"I'm obsessed with improving my quality of life and helping other people to do so."

**LUKE STOREY**

# 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.**

- Keep doing what makes you happy. Focus on things that always put you in a good mood and make you ready to seize the day.
- Establish a morning routine to start your day off right. Be grateful for all your blessings each morning.
- Prioritize your overall health and find balance between your physical, spiritual and mental states. This is how you live a balanced life.
- Find one area of your life to improve. Is it your sleeping habits? Drug addiction or past trauma? Determine what you want to fix before figuring out your next step.
- Try different biohacking processes to find what works best for you. Results vary from person to person.
- Be kind and patient with yourself. Take small steps towards achieving your goals and celebrate your small wins. This will make your goals seem more attainable.
- Strive for a quality life instead of a long life. Your goal should be to live a life free of pain and disease.
- Work on building a strong mindset by doing various mental and spiritual healing activities. Meditation is highly recommended.
- Develop a deep connection with a higher power. Have faith and be grateful for this divine being no matter your belief system.
- Be mindful of your own thoughts and steer clear of negativity. Negative energy is always self-defeating, toxic, and harmful to your overall health.