

STELLAR *Life*

Hosted By *Orion*

The Art and Science of Reinventing Your Life

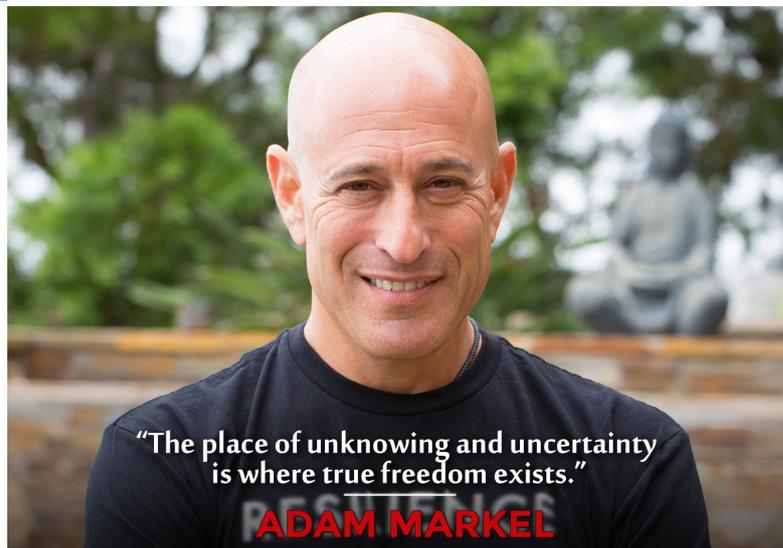
10 Point Checklist

Adam Markel

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.**

- Kickstart the day with gratitude. A new day brings a new chance at life so don't waste it with negative energy.
- Find what you love and keep doing it. Find a career or hobby that inspires and brings you joy.
- Don't be afraid to reinvent yourself and start a new life. You're only one decision away from a different situation.
- Deal with change gracefully. When you hit dead ends, you can always take a detour and find another route.
- Be kind to yourself in times of burnout and struggle. What you say to yourself will affect you so be careful with your thoughts.
- Trust the Universe and that everything happens for a reason. The challenges you are going through have a purpose.
- Be more aware of your thoughts, feelings and external environment. The more you evaluate the things within and around you, the better you can distinguish what you can and can't tolerate.
- Be in the moment and accept the present as it is. Don't stress about your past and don't worry about the future but make sure what you're doing today will give you a better tomorrow.
- Trust the process and know that resilience is key. It's never easy when you work to get the life that you want but it will all be worth it in the end.
- Grab a copy of Adam Markel's book, Pivot: The Art and Science of Reinventing Your Career and Life.