

STELLAR *Life*

Hosted By *Orion*

Simplify Your Life

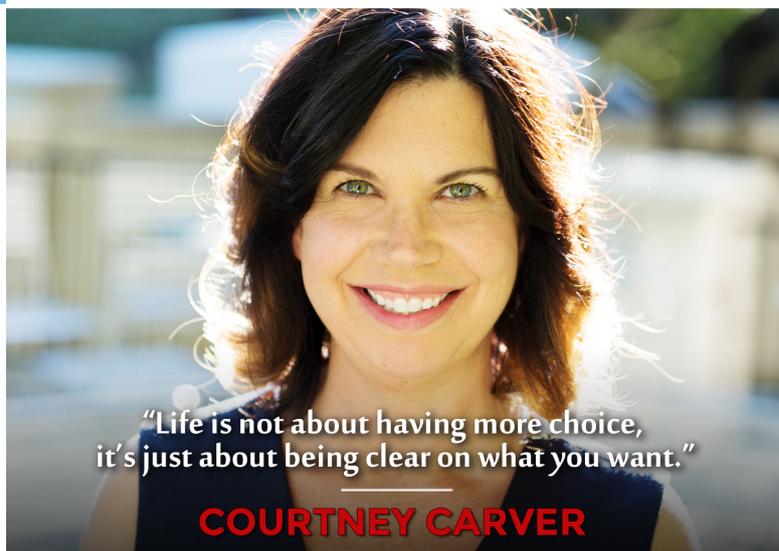
10 Point Checklist

Courtney Carver

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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“Life is not about having more choice,
it’s just about being clear on what you want.”

COURTNEY CARVER

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.**

- Eliminate your stressors by simplifying your life. Take only what you need and refrain from collecting inessential material possessions.
- Learn the art of letting go. Holding onto things, memories, and people can drain your energy. Allow things to run their natural course instead.
- You can reduce stress and improve your health by simplifying the food you eat. Be conscious of what you put into your body and you will quickly see positive results.
- What are you spending money on? Take a look into your finances and get rid of unnecessary expenses. You will realize that there is actually a lot that you can live without. Work your way to paying off your debts and be free of financial burdens.
- Cleaning up a little each day can help you reduce clutter. Put items you don't use into a box and then throw them out at the end of the month. You'll quickly be able to clear an entire room.
- Like material possessions, negativity can also be removed from your life. Negativity may take the form of people who no longer bring you joy, memories of the past, or unreasonable expectations of others.
- Simplifying your work life will assist in reducing stress and increasing productivity. Ensure business operations are in their simplest form and easy to delegate or reassign.
- Join Project 333, the minimalist fashion challenge, and challenge yourself to reduce your wardrobe down to 33 items within the next three months.
- Grab a copy of Courtney Carver's Soulful Simplicity book to understand how living with less can lead to so much more.
- Join Courtney Carver's last Simple Year program and lead a simplify your life in 2019.