

STELLAR *Life*

Hosted By *Orion*

Choosing Happiness

10 Point Checklist

Brendon Watt

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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"Possibilities are infinite. We can create, receive, and be in ways that not many people talk about."

BRENDON WATT

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.**

- ☐ Express your authentic self. Many people are unhappy because they force themselves to fit in. Don't lose the essence of who you are just to be accepted.
- ☐ Discover what makes you happy. You become more comfortable with who you are when you actively choose the things that bring you joy.
- ☐ Show up as yourself. The more willing you are to be yourself, the more you're open and ready to receive the opportunities life gives you.
- ☐ Explore beyond the norm. There's more to life than just living by how society tells you to. Don't be afraid to step out of your comfort zone and discover your true potential.
- ☐ Recognize you have a choice. You are the creator of your life and have the power to change it through your decisions. Be proactive and make the right ones.
- ☐ Give yourself allowances. You don't need to live up to other people's expectations just because they ask you to. Instead, create spaces where you can be yourself while understanding who people want you to be.
- ☐ Always think about the next step. Once you see and understand the beauty of any situation, you are ready to move forward. There's no point dwelling when you are excited about what's ahead of you.
- ☐ Let go of the limitations you set on yourself. Once you release the restraints you've placed on yourself, you start opening up your life and changing the energy within you.
- ☐ Stop judging yourself. Comparing yourself to others only leads to self-destruction. Instead, start asking yourself what you can do to improve and become a better person.
- ☐ Visit Brendon's [website](#) and check out [Access Consciousness](#) for more information on where and how you can transform your life for the better.