

# STELLAR *Life*

Hosted By *Orion*

## The 5 Keys to Happiness

10 Point Checklist

**Mark Dhamma**

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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"Live a life greater than yourself"

**MARK DHAMMA**

# 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.**

- Happiness is often found in the small things of life. What are the things you are most grateful about today?
- Positive emotion is the first pillar of happiness. Make a list of things in your life that bring you feelings of happiness and joy, and engage in those things regularly.
- The second pillar is engagement. We have engagement when we are having a ‘flow’ moment or ‘getting in the zone.’ When was the last time you had that?
- We tend to have more engagement when we take the time to play. Spend time today doing something that makes you smile or laugh out loud.
- Relationships are the third pillar of happiness. Think about your relationships, the ones that are energy giving and the ones that drain you. How are relationships contributing or taking away from your sense of happiness?
- The fourth pillar of happiness is meaning or purpose in your life. Meditate today on what in your life gives you purpose.
- The fifth and last pillar of happiness is accomplishment. Allow yourself to feel a sense of accomplishment for everything you have done, both the small victories as well as the large victories.
- We have less stress when our bodies are running optimally. Take care of your body today by breathing deeply, sleeping well, moving regularly, drinking water, and eating quality food.
- Evaluate your morning routine. Is it helping your stress level decrease? Check out Mark’s resource for dominating your morning at <https://www.markdhammacourses.com/store/4YBLLWai>
- Take Mark’s free happiness assessment at [www.markdhamma.com/happy](http://www.markdhamma.com/happy). You will receive your personal Happiness Score as well as tips to improve your happiness and wellbeing.