

# STELLAR *Life*

Hosted By *Orion*

## Creating Financial Abundance

10 Point Checklist

**Shanda Sumpter**

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.**

- There are wise pieces of advice that we intellectually know but don't actually follow. Identify an instance where you aren't following your own advice, and then resolve to "surrender into the coaching."
- Write down two or three hardships you've been through. Then, for each one, write down several ways the hardship has actually led to positive outcomes in your life.
- Shanda believes one key to success is to "stop stopping." Think about something that you've given up on recently, whether from frustration, boredom, or a sense that it will never change. How can you keep pushing at this issue until it resolves successfully?
- A similar but distinct piece of advice Shanda gives is to "always complete what you start." Resolve to take a moment today to take one step--no matter how small--toward completing something you've started.
- Fear--of rejection, of failure--isn't necessarily a bad thing; it can be a sign that you're stretching outside of your comfort zone.
- "Your brain on endurance [training] is like a car on rocket fuel," Shanda explains. Commit to spending a month working on endurance training several times a week to see how much of a difference it can make for you!
- Athletes recover before their big events, not afterward, which Shanda relates to the life of an entrepreneur. Figure out instances in your life where you're likely to need to recover, and resolve to take enough time off in advance to avoid adrenal fatigue and burnout.
- Reevaluate your daily choices based on the concepts of generosity without boundaries and the Law of Attraction. If you fully lived by these ideas, how would your life look different?
- Go one step beyond thinking about generosity and actually live it! You may find that it becomes a habit that you don't want to give up.
- Through Shanda's stories, it's clear that the willingness to ask for and receive help from experts is a big force behind her success. Consult an expert about a problem in your life that could benefit from his or her insight.