

# STELLAR *Life*

Hosted By *Orion*

## Women, Money, and Legacy

### 10 Point Checklist

#### Laura Gisborne

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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"We're doing the best we can with what we know.  
So what's normal for us can be very narrow-minded."

**LAURA GISBORNE**

# 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.**

- ☐ Get a copy of *You Can Heal Your Life* by Louise Hay, and read it attentively. This book can change my life.
- ☐ Cultivate an understanding of the fact that there's more available than what I think. I'm not limited to what I'm accustomed to.
- ☐ Ask myself this question: if I didn't have to struggle with money, what would be possible in my life?
- ☐ Instead of looking at how much money I'll make, shift my focus to how many people I can serve.
- ☐ Think about training for the life I want to experience, and the habits I would have as that version of myself. Work toward incorporating these habits into my current life.
- ☐ Search for and act upon my life's true purpose - don't wait for a 'wake up call' to appreciate the beauty and fragility of life.
- ☐ When I start slipping into a scarcity mindset, remind myself that almost half the world lives on \$3 a day or less. I have more than I may think.
- ☐ Find a way to be part of a community of other women. Lift each other up and support each other in becoming leaders and taking responsibility.
- ☐ Look closely at how I'm spending my time. It's a truly non-renewable resource, and how I spend it shapes my life.
- ☐ Take Laura up on her offer of a free copy of her book *Stop the Spinning: Move From Surviving to Thriving* from [laurafreebook.com](http://laurafreebook.com). Read it, and heal my relationship with money.