

# STELLAR *Life*

Hosted By *Orion*

## Networking Secrets

### 10 Point Checklist

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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.**

- ☐ Think about how I respond to the question, “How are you?” Am I just good, fine or OK?  
Consider how I am presenting myself to the world.
- ☐ When attending a networking event, remember that everyone feels just as insecure as I do about networking. Don’t be afraid to approach someone - we are all humans anyway.
- ☐ Networking opportunities don’t just occur at scheduled events. Network when in line for Starbucks or at a PTA meeting, because I never know who I might run into.
- ☐ Before stepping into a networking event, stop and think about how I feel and the messages that I’m telling myself. My energy precedes me, and I need to show up with the right mindset for success.
- ☐ Identify who I want to be, and surround myself with successful people in that field. When I go into a room with those people, listen and learn.
- ☐ Before a networking event, read up on the subject before attending. It helps to be at least somewhat knowledgeable on the topic, and will help make me feel more comfortable.
- ☐ People love to talk about themselves. Keep this question in my back pocket for networking – “What are you working on right now?”
- ☐ Get to networking events early and talk to people. Volunteer to help. Get involved.
- ☐ Genuine compliments are great icebreakers. If there’s someone I want to speak with at an event, consider opening with a compliment.
- ☐ When networking, focus on building a relationship first. Try to find common points of interest. Then, later on, it will feel more natural to sell my product or services.