

# STELLAR *Life*

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## 7 Habits of FAILURE that Sabotage Your Success

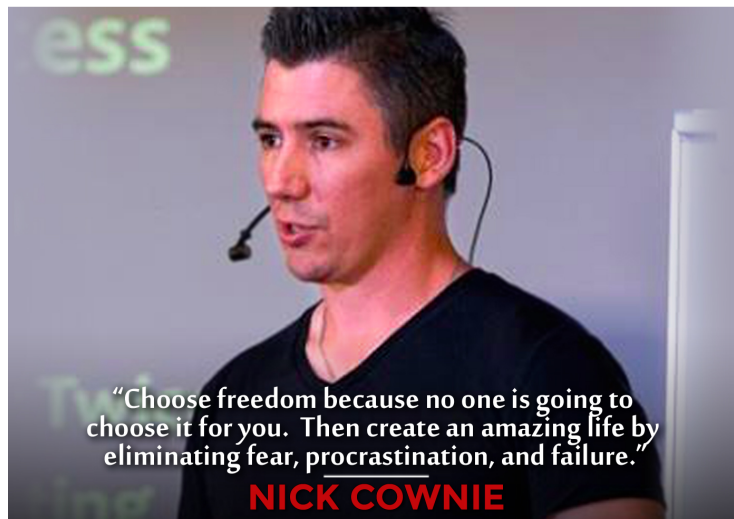
10 Point Checklist

### Nick Cownie

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.**

- Manage fear and anxiety in an effective way so that it doesn't prevent you from achieving your highest potential. (Fear)
- Focus your attention on the path that you need to focus on while not becoming distracted by unimportant things. (Attention Displacement)
- Be decisive by making decisions quickly and sticking to them. Successful people often make decisions in about 60 seconds. (Indecision)
- Take consistent action to achieve your goals by finding the smallest possible thing that will move you in the right direction and then doing it consistently. (Lack of Action)
- Visualize what you want to achieve, but don't stop there. You have to take the actions necessary to achieve that vision in your mind. (Unrealistic Expectations)
- Do not let repeating of internal negative patterns be it mental, emotional, or physical prevent you from moving towards your goals. (Repeating Patterns)
- Find ways to identify and move away from any external negative influences that may be preventing you from achieving positive results. (External Negative Influences)
- Change from the inside out by imagining how it would feel to achieve your most important goal, then create a trigger such as clenching your fist to bring on that state whenever you need it.
- Act as if you are already the way you want to be. This is a method for changing from the outside in to push through and change your self perception.
- Create a model for generative change such as copying the actions and thought processes of high performers to increase sales or other business goals.