

# STELLAR *Life*

Hosted By *Orion*

## Get Into Your Abundance Zone

10 Point Checklist

**Ephraim Olschewski**

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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"To be truly heard is the greatest gift you can give anyone."

**EPHRAIM OLSCHESKI**

# 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.**

- Listen intently when having conversations. There's so much you can learn and offer when you are all ears to the person you're talking to.
- Find your "zone" and stay in it. Your zone should be something you love to do and share with others.
- Be present and focus your intentions on the now. Don't let the past bother you and the future make you anxious.
- Spend some me-time by meditating and being in a relaxed state for at least a few minutes every day.
- Nurture relationships and focus on having a positive impact on the people in your life. Don't get caught up in the business of making money.
- Get familiar with The Work of Byron Katie and adopt her insights in your professional and personal life.
- Reflect on how you see yourself and how you want to see yourself. Bring both into alignment through your outlook and actions.
- Maintain a work-life balance and don't glorify the act of being busy. Prioritize and always make time for what truly matters.
- Be more appreciative in your daily life. Appreciate the people who are always there for you and what life has to offer. Show your appreciation through your words and actions.
- Establish a good relationship with money and avoid being too attached to it. This is the secret to living an abundant life.