

STELLAR *Life*

Hosted By *Orion*

From Fine to Fab

10 Point Checklist **Lisa Liberman-Wang**

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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"Face everything and rise above it."

LISA LIBERMAN-WANG

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.**

- Never strive for perfection. As a human, you are forever a work in progress. You may make mistakes, but you also have the power not to dwell on them.
- Don't expect overnight epiphanies and be patient with yourself. Everybody must start with the basics.
- Find something that makes you feel safe. It can be a hobby you like or a community you feel welcome in.
- Make yourself a priority. Take care of yourself as you take care of others.
- Ask yourself what your purpose is if you're ever feeling lost. Your answer will guide you to reach your goal.
- Never give up and persevere to reach your goal in life. Success always comes to those who work hard.
- Think rationally and avoid getting too emotional. Believe that you're meant for something great and always look on the bright side.
- Get out of the should've, could've, would've state of mind. You only have the NOW.
- Make it a practice to regularly list five things you're grateful for every day.
- Own your success in life no matter how big or small. These little achievements are testaments to your effort.