

STELLAR *Life*

Hosted By *Orion*

Wake Up to the Joy of You

10 Point Checklist

Agapi Stassinopoulos

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.**

- Decide how you want your life to turn out. You have the power to create the life you desire.
- Don't be discouraged when nothing is going right in your life. Life doesn't always give you what you want but it gives you what you need.
- Find a spiritual teacher who can help you get to know yourself on a deeper level. Their guidance will also help you during trying times.
- Live in the moment. Don't worry about the future or the past and focus on the now.
- Connect with a higher being. Open your heart and welcome blessings through prayer.
- Look inside yourself when searching for answers. Be patient with yourself, celebrate your wholeness and embrace your imperfections.
- Find something you love to do and are passionate about. This will help you stay inspired and happy.
- Practice the art of doing nothing. Find time where you don't have to answer emails, be on your laptop or do work.
- Make your physical and mental health a priority. Learn how to take care of your body and fight stress.
- Learn about guided meditation with Agapi's book, [Wake Up to the Joy of You](#).