

STELLAR *Life*

Hosted By *Orion*

How To Be Confident

10 Point Checklist

Orion Talmay

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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"Step-up your confidence because the world needs your light."

ORION

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.**

- Heal the past, stay in the present and visualize the future. Use these 3 pointers to lead a confident life.
- Attend workshops and events that will help you discover your strengths and meet inspiring people along the way.
- Open yourself up to new opportunities and don't be afraid to try something new. You never know what you can do until you try.
- Create a vision board of your life. Use inspirational photos, quotes and bucket lists and believe in the Law of Attraction.
- Aim to be present and gain something positive when going to events.
- Hang out with people who encourage and uplift you. As Tony Robbins said, "You are the average of the five people you hang out with the most."
- Don't be afraid to be what you want. Stop criticizing yourself and start using kind, encouraging words.
- Don't let failure stop you from reaching your goals. Even the most successful people have failed at one point in their lives.
- Don't compare yourself to others. Focus on improving yourself and accept that everyone has their own pace.
- Be mindful of your body language. Maintain a good posture, sit up straight, stand up tall and always have a smile on your face.