

# STELLAR *Life*

Hosted By *Orion*

## The Art of Transformation

10 Point Checklist

**Stephan Spencer**

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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"Sometimes you need something to shake you up in order to wake you up."

**STEPHAN SPENCER**

# 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.**

- Don't let fear prevent you from doing what you want. It only takes a few seconds to leap for something that can change your life.
- Dwell in a place of positivity and certainty. When you are positive and certain that you are going to make it in life, you will.
- Shake things up. Wake up and change your life by freeing yourself from limiting beliefs.
- Continue doing things that promote self-improvement. Get a new hobby, learn a new skill, go back to school or attend events or conferences that you're interested in.
- Find a mentor that inspires you and brings out the best in you. Even successful people need the good influence of mentors.
- Learn how to control your state of mind and be more aware of your emotions. You can quickly get rid of negative feelings by avoiding slouching and breathing properly with intent.
- Keep your body moving by working out, doing yoga or dancing. Exercise releases dopamine, a chemical that makes humans happy.
- Nourish your spirit as you find a belief that will transform you into a more enlightened human.
- Share what you've learned through your transformation with others. There are people out there who need help making their own transformations.
- Listen to Stephan's podcast, [The Optimized Geek](#), and hear stories from inspirational people who talk about their transformations through biohacking, mindset shifts and more.