

STELLAR *Life*

Hosted By *Orion*

Uplifting Content with Ione Butler

10 Point Checklist

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!

STELLAR *Life*

Hosted by *Orion*



"Tell incredible stories that will empower and uplift people."

IONE BUTLER

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 hesitate to ask for help or to talk to someone that cares for you when you're struggling. Sharing what you're going through can help you ease life's baggages.
- Never fail to find some positivity in every situation. There's always hope even in the darkest moments.
- Find inspiration even in the littlest things and you'll realize that you don't need much in order to be happy.
- Keep a good sense of humor. Your funny bone will help you survive life's challenges.
- Focus on what works rather than dwelling on things that don't work when in challenging situations. Positive thoughts bring out positive things.
- Pay attention to your thoughts and be mindful of your words and actions.
- Disconnect from your online life and connect with real people, nature, and yourself.
- Let go of things that don't matter. If it doesn't help you achieve your true purpose in life, let it go and leave it behind.
- Surround yourself with people you love and who love you back. It's good to have a support group cheering you on through your journey.
- Keep doing what you love. Dance, sing and live a life that you truly appreciate.