

STELLAR *Life*

Hosted By *Orion*

Cosmic Philosophy

10 Point Checklist

Adam Roa

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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"Creativity is the purest expression of our divinity."

ADAM ROA

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.**

- Stay in tune with your spirituality. Nourish and take care of your spirit the same way you're taking care of your mind and body.
- Regularly practice meditation. Even if it's just for five minutes a day, find time to pause and be in tune with your deepest thoughts.
- Write your thoughts in a journal. There's something powerful about writing ideas down and seeing them form into reality in front of you.
- Believe that the universe is always working for you. It provides avenues for success as long as you stay committed to your goals.
- Research plant medicine and see how these natural forms of medication can be beneficial to your health.
- Find a spiritual adviser that you trust before you decide to work with them. You have to make sure you're with the right person if you want spiritual enrichment.
- Dive into discomfort. Your struggles are part of your growth.
- Follow your excitement and your passion in life. There's always going to be a community that will support you. All you have to do is reach out.
- Get back up every time you fall down. As the Japanese proverb goes, "fall down seven times, stand up eight."
- Grab a copy of Adam Roa's book, *Cosmic Philosophy: A Month In The Light*.