

STELLAR *Life*

Hosted By *Orion*

Willpower of Steel

10 Point Checklist

Eli Shahaf

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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"Be specific with your intentions. Align your energy and vibration with the opportunities presented to you."

ELI SHAHAF

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.**

- Be specific with your intentions. Knowing what you truly want aligns your energy and vibration that helps you find opportunities that you didn't even know exist.
- Be aware of your frequency. Remember that the kind of energy that flows through you is sensed by other people and attracts the same type of people.
- Discover the benefits of Neuro-Linguistic Programming and find ways on how you can practice it daily.
- Challenge your limiting beliefs. Your mind is a powerful organ that can direct you to your destiny.
- Live your passion. Don't get stuck in the corner waiting for things to change but use the time and energy you have to make it happen.
- Visualize your future self. Years from now, can you confidently say that you've lived your life with no regrets?
- Realize that willpower is the ability to be filled with energy and create action without overthinking.
- Stop overthinking about everything. If you're constantly worried about other people's perception of you, you'll never reach your highest potential.
- Dismiss your negative thoughts and confront your fears. Oftentimes, the only person stopping you is yourself.
- Accept and embrace your uniqueness. You are born with natural gifts that you can strengthen to help yourself and other people.