

STELLAR *Life*

Hosted By *Orion*

Create Your Ultimate Success

10 Point Checklist

Pamela Bruner

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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"Surround yourself with people who light you up and call you to be your best."

PAMELA BRUNER

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.**

- Let go of the four basic core limiting beliefs. According to Pamela, these are “I'm helpless, I'm not good enough, I'm not lovable or I'm not safe.” Overcome these beliefs by searching within yourself on where you feel most powerful.
- Be willing to fail. Being perfect shouldn't be your goal but constantly try to see the opportunity in every situation no matter how challenging it may be.
- Strive to always be of service to other people. Show up with clear intention and positive energy.
- Be prepared with a great offer that has a great marketing message. Make sure it's directed at your target audience.
- Start with a day-long workshop with an audience of at least twenty people instead of overstressing yourself with a three-day event.
- Set clear intentions when hiring a VA or a contractor. They can be a really great asset for your business when you know how to manage them well.
- Recognize that fulfillment is usually more important than fun. Find something that you're passionate about and work towards it.
- Distance yourself from negative people. Empower yourself with people that encourage you and brings out the best in you.
- Educate yourself about EFT technique. It's a self-administered acupressure technique that has been scientifically proven to calm the amygdala and lower the cortisol or the stress hormone levels in the bloodstream.
- Grab a copy of Pamela's book Tapping Into Ultimate Success and gain knowledge about EFT.