

STELLAR *Life*

Hosted By *Orion*

Zen-Like Mindset

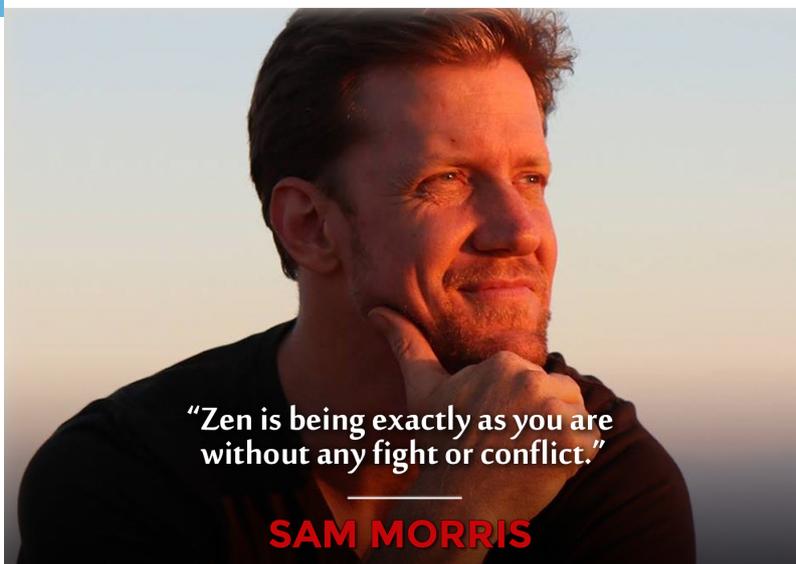
10 Point Checklist

Sam Morris

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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"Zen is being exactly as you are
without any fight or conflict."

SAM MORRIS

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.**

- Do more than just wish: when you have a goal in mind, outline the tangible steps you need to take in order to achieve your goal.
- Master the art of Zen through practice – in every moment, try to be fully present and engrossed in the people, places, and things around you. Notice colors, smells, feelings.
- Experience every moment fully, including the ‘bad’ ones. When you are sad, mad, emotional, or distraught, let the moment pass, as you’ll soon realize it is but a moment, not who you are.
- Remember you have the power: you have the choice to determine how you will perceive a certain experience. You can let it define you, or you can let it be nothing more than a bump in the road.
- Do not get too attached – to your possessions, to your relationships, to your career. Life is fluid and in order to achieve Zen, you have to be able to adapt to change.
- Reflect on where your self-esteem is coming from. It should not be determined by your appearance, but by your connection to yourself.
- If you are feeling self-conscious, get out of your head and connect back to reality through breath work.
- Next time you find yourself saying “if only...” or “as soon as...” stop. The only time that exists is now, and you’ll find your life to be much richer if you are present in the moment you are in.
- If you own a business, think about leading it in terms of value to the world, not in terms of profit.
- When you feel insecure about a place, around people, tap into your energetic field to shield you from the negativity of others.