

# STELLAR *Life*

Hosted By *Orion*

## How to End Suffering and Be Happy

10 Point Checklist

**Kute Blackson**

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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"Everything is a constant process of growth.  
Life doesn't care about your comfort,  
it cares about your evolution."

**KUTE BLACKSON**

# 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.**

- Have the courage to be who you truly are. Confidently speak your mind and express your inner truth. You owe it to yourself to live a life where you aren't hiding your genuine feelings.
- Learn to accept life for what it is and what it isn't. Let go of the things you cannot control and let them unfold before you naturally and in their right time. Resistance will only lead to suffering.
- Bear in mind that you cannot please everyone all of the time. You have been put on this planet to grow, evolve, and learn. There will be times where your decisions will not be agreeable to others but don't let that faze you—especially if it's your calling.
- Let adversities become your mentor when it comes to fulfilling your dreams. Oftentimes, these struggles may seem like the end of the road but in reality, they are detours. Enjoy the ride.
- Don't wait for a sign. If you have a burning desire inside your gut, go for it without hesitation. The Universe will not wrap your goals in a bowtie and place it on your lap. You have to chase them.
- Trust that there is a higher intelligence, a divine being that has bigger plans for you. Whenever things don't seem to go your way, remember it's because your fate is already written. You will be okay as long as you keep the faith.
- Treat everyone you meet in life as a teacher. They know something you don't and whether it is a good or bad experience, consider it as part of your journey to finding your truth.
- Love without the attachment of wishing others to love you back. Love for the sake of being in love. You are love. There's no need to seek love because it has been inside you all along.
- If you felt like this episode's message was a calling, check out Kute Blackson's courses, [How to End Suffering and Be Happy](#) and [Boundless Bliss](#) (which is held in Bali) to take your transformation to the next level.
- Grab a copy of Kute Blackson's book [You Are The One: A Bold Adventure in Finding Purpose, Discovering the Real You, and Loving Fully](#).