

STELLAR *Life*

Hosted By *Orion*

The Secrets to Getting on TV

10 Point Checklist

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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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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.

- Figure out what your story is and how you want to share that with the world. Don't hesitate to share as much as you can if it means that you can help change someone else's life.
- Build a business around what you love. When things go rough, going back to why you started everything can be your biggest motivation.
- Train to become a better speaker and conversationalist to build your confidence and improve your speech flow.
- Be as engaging and approachable as you can be. Become someone that people in your community want to connect with on a personal level.
- Don't be afraid to approach people. If you have social anxiety, there are resources such as books, podcasts, or classes that can help you overcome it.
- Determine what you can offer that people want more of. Once they know what your story is, figure out what the next step should be to continue your relationship with them.
- Establish your demographic. Find out who your audience is. Get to know them to the core so that you can communicate effectively.
- Speak on stage or do TV appearances. Get booked at conferences, retreats, podcasts, interviews, etc.
- Create an outline of your message so that you stay on brand when talking about important topics.
- Be mindful of what you're wearing when you're on stage or in front of the camera. Your clothes reflect your personality so dress appropriately.