

STELLAR *Life*

Hosted By *Orion*

Influence, Authenticity & Success

10 Point Checklist

David Essel

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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"Those who find their true purpose are the ones who go through multiple risks and failures."

DAVID ESSEL

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.

- Act on your dreams and don't let procrastination become a habit. If you have something you want to do, don't make excuses and start it immediately.
- Think carefully about the people you surround myself with. A support group of your peers will help you overcome your challenges better.
- Be as present and in the moment as possible. It's good to plan for the future but focus more on the now.
- Don't lie to yourself. Living an honest life will help you become more accepting of who you are. It will also give you more clarity when making important decisions.
- Meditate. Look for answers within as well as without.
- Find a mentor who resonates with you and your values. Don't feel obligated to stay with your mentor if you're not getting what you need. It's okay to move on.
- Discover what motivates you the best and incorporate as much of it into your daily routine as possible.
- Don't let rejection stop you from reaching your goals. There's always another opportunity around the corner.
- Accept that you can't do everything alone, especially big projects. Hire a team if you feel swamped by work.
- Visit David's website to see more of his books, content, and free offers.