

# STELLAR *Life*

Hosted By *Orion*

## Rethink Performance by Asking the Right Why

10 Point Checklist

**Jeanette Bronée**

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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"Change must start from within. You can't keep expecting better results if you keep doing the same thing over and over again."

**JEANETTE BRONÉE**

# 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.

- Stay curious and never stop learning. Live a life that is constantly elevated by embracing every moment.
- Find outlets that can help express your creativity. This is a great way to keep your brain healthy and active.
- Be adaptable to change. If there is one thing you should always remember, it is that change is the only constant in this world. In order for us to survive, we must be able to deal with change gracefully every time.
- Look at life from a different perspective. If you're feeling stuck, shift your mindset to gain clarity.
- Continuously reflect on your life and see what can be improved or diminished. Self-evaluation can help you monitor your growth and find your path.
- Listen to your inner voice. Sometimes a gut feeling is all it takes to change your life.
- Acknowledge your gifts and strengths. Let these empower you into becoming the person you are meant to be.
- Forgive yourself and refrain from self-criticism. Harsh words do nothing but stop you from becoming who you truly are.
- Stay committed to the growth mindset. It will be challenging but the rewards are worth it.
- Check out more of Jeanette Bronee's inspiring content on her website, [Path for Life](#).