

STELLAR *Life*

Hosted By *Orion*

Nice Girls Don't Get Rich

10 Point Checklist

Dr. Lois Frankel

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.

- Do not accept delimiting beliefs from others or from yourself. Discouraging words are roadblocks on the path to achieving your dreams.
- Reject the stereotypes that society has placed on women. We live in an era where women can embrace their desires and become who they want to be.
- You need to manage expectations and learn how to say “no”. If you think that you can’t fully commit to something, then be honest about it and provide better options on how to get the job done.
- Learn how to be assertive without being rude or disruptive. You can be polite and still get what you want.
- Always maintain your integrity in your personal and professional relationships. People want to deal with those who are true to who they are.
- Communication is key. Don’t be afraid to initiate a conversation, even if it’s just small talk. After all, most relationships start with a simple “hello”.
- Lighten up. It's not all about work. Find time to rest and relax with your colleagues to build a better rapport.
- Learn more about money and finance. Be smart about money, and make an effort to equip yourself with knowledge that will expand your wealth.
- Do what you love. At the end of the day, all your effort will be worth it when you’ve been working on something you are passionate about.
- Grab a copy of Lois Frankel's book, [Nice Girls Don't Get Rich](#).