

STELLAR *Life*

Hosted By *Orion*

Seeking Joy

10 Point Checklist

Shannon Kaiser

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.

- Trust your inner guidance. Let your true self and intuition guide you to what is best for you.
- Find joy within yourself and stop relying on external events or material things for your happiness.
- Pay attention to the signs the universe is sending you. Inspiration is everywhere, you just need to focus and it will be revealed.
- Rethink your relationship with fear. It's not always a bad thing. Sometimes fear is your body trying to help you become more aware and concerned about yourself and your loved ones.
- Eradicate limiting beliefs and replace them with kind, encouraging affirmations.
- Get unstuck and discover what matters most by writing down all your thoughts in a journal.
- Regain hope and faith in yourself, others, and the world. Let positivity rule your life and those around you.
- Discover the “poetry within”—that special thing that makes you unique. Share it with the world.
- Live your life with purpose, passion, and freedom. Make it your mission to continuously seek joy.
- Grab a copy of Shannon Kaiser's book, [Joy Seeker: Let Go of What's Holding You Back So You Can Live the Life You Were Made For](#).