

STELLAR *Life*

Hosted By *Orion*

Achieve Long Lasting Confidence

10 Point Checklist

Jo Emerson

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!

STELLAR *Life*

Hosted by *Orion*



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.

- Live authentically and comfortably in your own way. Don't pretend to be someone your not and don't become something that society dictates you be.
- Don't get driven by fear. Instead, lean in and do it anyway. By then you will realize that the feeling of fear isn't something that you should repel, but something that you should embrace.
- Self-check regularly. Spend a good amount of alone time where you can assess your overall state. Focus primarily on your mental and emotional areas.
- Stop comparing yourself to others. Focus more on improving yourself so that you can gain more confidence in your personal accomplishments.
- Stay humble and always keep your ego in check. Confidence is different from arrogance.
- Enhance your creativity. Find an outlet outside of work that can exercise your right brain where you get to be more imaginative, holistic, and free-flowing.
- Refrain from being a perfectionist. Nobody and nothing is perfect, and we all have to suck at something first before we become an expert at it. Appreciate the small victories and take baby steps in the beginning.
- Let go of anything that is holding you down. Toxic jobs, people, and situations shouldn't have space in your growth and in your journey to self-transformation.
- Nourish your spirit and have faith in something that is bigger than you. Believing and a god or the universe can help you have more profound thoughts and understanding of how the world works.
- Grab a copy of Jo Emerson's book, [Flying For Beginners: A Proven System for Lasting Self-Confidence](#).