

STELLAR *Life*

Hosted By *Orion*

Coronavirus: Preparing for an Uncertain Future

10 Point Checklist

Steve Good

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.

- Stay aware of what's going on but only read or watch from reliable sources. False and misleading information is rampant during times like this to invoke mass fear and anxiety.
- It is better to be safe than sorry. Do some research on how to prepare if things get worse and implement what you've learned.
- Stock up on necessities that can last up to 2-3 months, such as food, water, and hygiene products, but don't hoard so other people can acquire what they need as well.
- Always have three each of something important. Remember the saying, "one is none, and two is one." It's good always to have a spare in case the first one doesn't work right.
- Decontaminate yourself before entering the house. Make sure to leave your shoes outside, put your clothes in the washer right away, leave your purse in a secluded area in your home, and take a shower before settling in.
- Go to a clinic if you need to see a doctor and not in a hospital. Doctors in hospitals are more overwhelmed, and you'll likely increase your chances of getting the virus.
- Get back to basics and remove any excess in your life right now. Make your lifestyle as simple as possible so you can save your stocked food for a longer time.
- Find ways to keep yourself busy. Plan activities within the day for you, your spouse, and your kids. Create themed days to keep yourself entertained during the quarantine.
- Stay home as much as you can. Don't go out of the house unless it's necessary. You're not only putting your health at risk but also your loved ones and the people you pass by along the way.
- Wash your hands for at least 20 seconds and avoid touching your face. It's been repeatedly said, but it's the most crucial tip to help prevent contact with the virus.