

STELLAR *Life*

Hosted By *Orion*

Letting Go

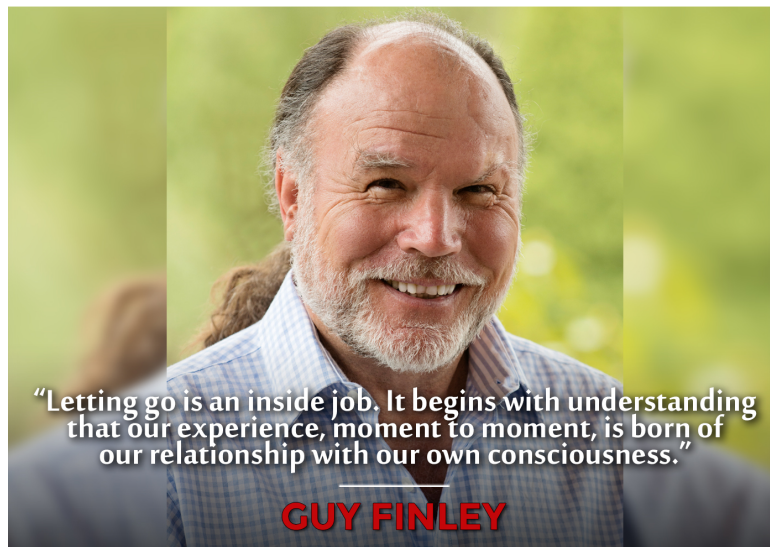
10 Point Checklist

Guy Finley

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.**

- Let go of attachments and things that don't add value to your life. If something doesn't spark joy, it shouldn't take up a lot of space in your life.
- Evaluate your relationships. Pay special attention to the people who love and support you as well as the ones who weigh you down. The key people in your life should be those who care about your feelings and wellbeing.
- Be mindful of your thoughts and actions. Develop a deep understanding that everyone is dealing with their own struggles. We are all collectively afflicted in this global pandemic and a little kindness goes a long way.
- Don't be anxious about tomorrow, and rob yourself of today over something that doesn't exist yet. Worrying is just praying for something you don't want to happen.
- Focus only on what you can control. Especially, if you feel like everything around you is out of control. When you focus on what you can fix, you won't have to think about things you shouldn't worry about in the first place.
- Train your mind and understand that working on yourself needs constant practice. Negative thinking can be stopped if you use the right tools and information to help you conquer your mind.
- Pay it forward. Share your light with others so they can share their light with more people.
- Take this quarantine as a time to reflect deeply on your life. Which stuff do you need to change moving forward so you can build a better future for the next generation?
- Develop a deep understanding of how acceptance and happiness resonate with each other. If you don't turn your desires into your identity and accept whatever life presents to you - good or bad - is when you can only be truly happy.
- Visit Guy Finley's website, [Life of Learning](#), to learn more about your spiritual discovery.