

# STELLAR *Life*

Hosted By *Orion*

## How to Embrace Change

10 Point Checklist

**Monica Berg**

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.**

- Live continually seeking growth and transformation. Treat every opportunity as a learning experience.
- Be friends with people who are also seekers of growth and transformation. A support system of like-minded individuals is extremely helpful in self-development.
- Be proactive rather than reactive to things. A proactive approach focuses on eliminating problems before they appear, and a reactive approach is based on responding to events after they've happened.
- Take more time for self-care during this time of quarantine. Be kind and patient with yourself. You don't have to take up a new hobby. If you feel like taking things easy you can just watch Netflix for a day.
- When the feeling of fear takes over, acknowledge it, identify it, and then release it. One way to instantly shift your mindset is by saying, "fear is not an option" out loud.
- Refrain from feeling victimized during challenging situations. Focus on the solution rather than blaming others for being stuck.
- Don't be too hard on yourself. Take it one day at a time. Just enjoy the moment as much as you can. If you have kids, take this opportunity to spend quality time with them.
- Understand it's all about perspective. Find the silver lining in everything, and don't forget to look at the bigger picture.
- Be flexible with change. A quote by Charles Darwin: "it's not the strongest of the species who survive, nor the most intelligent, but the one most responsive to change."
- Check out Monica Berg's [website](#) and grab a copy of her book, [Fear is Not an Option](#) and [Rethink Life](#).