

STELLAR *Life*

Hosted By *Orion*

Buddhist Boot Camp

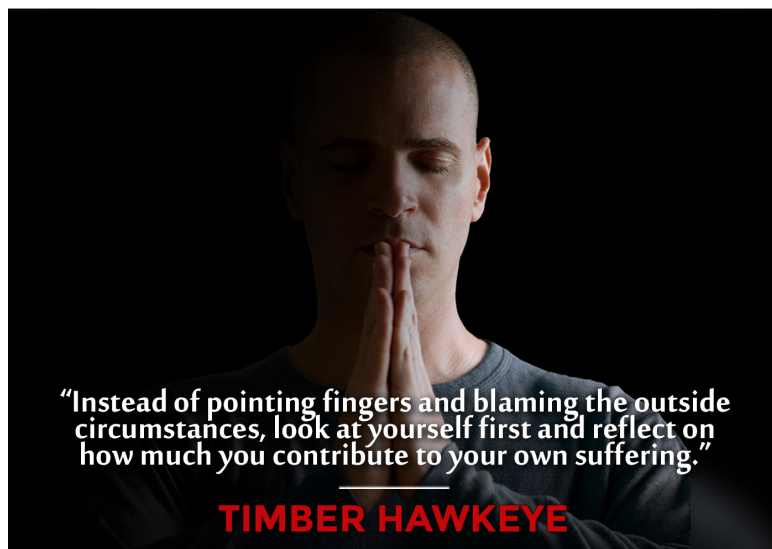
10 Point Checklist

Timber Hawkeye

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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"Instead of pointing fingers and blaming the outside circumstances, look at yourself first and reflect on how much you contribute to your own suffering."

TIMBER HAWKEYE

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.**

- Define your core values and make it a mission to live by them for as long as you're breathing.
Let them serve as your light during dark times, and help others find their own light.
- Take an inventory of what you have in your life. Point out the things that bring you disharmony.
Find the courage to let go of excess baggage and the stuff that doesn't bring you joy.
- Understand pain is inevitable, but suffering is optional. Happiness is a choice. Your misery depends on how long you're willing to keep holding on to things that make you feel down.
- Detach from materialism and cultivate minimalism in your life. Anything in excess shouldn't be necessary.
- Don't set unreasonable expectations on situations and other people. You only set yourself up for disappointment. Instead, accept them as they are and whatever they turn out to be.
- Don't be afraid of uncertainty. Life itself is uncertain and unpredictable, and no one knows what tomorrow promises. Instead, live in the moment and appreciate what you have more.
- Don't hesitate to express your negative emotions. Let yourself feel angry, sad, or afraid, but make sure you don't dwell in that state too long.
- Be mindful of the language you use to describe situations, other people, even your thoughts.
Words are powerful and can manifest those things into reality.
- Extend a helping hand as much as you can. If you have more than others, extend your table.
Don't build a higher fence.
- Check out Timber Hawkeye's Buddhist Bootcamp when you visit his [website](#).