

STELLAR *Life*

Hosted By *Orion*

Be Happy for No Reason

10 Point Checklist

Marci Shimoff

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.**

- Beware of the “I’ll Be Happy When” Syndrome. Saying things like, “I’ll be happy when I get that job” or “I’ll be happy when I have that body” will only trap you in the constant search for happiness.
- Help others. True and lasting happiness lies in altruism. No matter how small the act is, extending a helping hand can bring a smile to another person’s face.
- Focus on good company. Choose your friends, especially your partners, wisely. People in your life play a significant role in your self-esteem.
- Follow the three-to-one ratio of happiness. Whenever there’s one negative thing that’s happened in your day, find three positive things right away.
- Forgive others and forgive yourself. Live life with no regrets and less baggage. Accept that everything happening to you is part of your journey.
- Take responsibility for your happiness. Taking care of yourself first is not a selfish act. You can’t pour from an empty cup.
- Get out of the victim mindset. Refrain from blaming yourself when you’re struggling. Instead, be kind and patient, and remind yourself that you’re only human.
- Live life with an open heart. Stop and smell the roses and enjoy the little things. Being happy is being content with the simple things.
- Learn more about serotonin and oxytocin. These are hormones within the body that are responsible for making you feel happy. Research how you can produce more of these in your system.
- Check out [Marci Shimoff’s website](#) to learn more about the pillars of happiness.