# Creating Financial Abundance

## 10 Point Checklist

## Shanda Sumpter

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!

# 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.**

- [ ] Identify an instance where you aren't following your own advice, and then resolve to "surrender into the coaching."

- [ ] Write down two or three hardships you've been through. Then, for each one, write down several ways the hardship has actually led to positive outcomes in your life.

- [ ] Shanda believes one key to success is to "stop stopping." Think about something that you've given up on recently, whether from frustration, boredom, or a sense that it will never change. How can you keep pushing at this issue until it resolves successfully?

- [ ] A similar but distinct piece of advice Shanda gives is to "always complete what you start." Resolve to take a moment today to take one step–no matter how small–toward completing something you've started.

- [ ] Fear–of rejection, of failure–isn't necessarily a bad thing; it can be a sign that you're stretching outside of your comfort zone.

- [ ] Commit to spending a month working on endurance training several times a week to see how much of a difference it can make for you!

- [ ] Figure out instances in your life where you're likely to need to recover, and resolve to take enough time off in advance to avoid adrenal fatigue and burnout.

- [ ] Reevaluate your daily choices based on the concepts of generosity without boundaries and the Law of Attraction. If you fully lived by these ideas, how would your life look different?

- [ ] Go one step beyond thinking about generosity and actually live it! You may find that it becomes a habit that you don't want to give up.

- [ ] Through Shanda's stories, it's clear that the willingness to ask for and receive help from experts is a big force behind her success. Consult an expert about a problem in your life that could benefit from his or her insight.