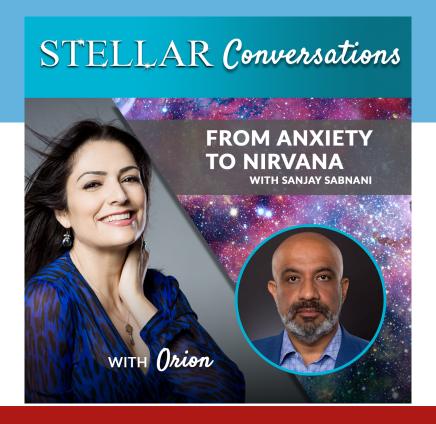# STELLAR Life

Hosted By Orion

From Anxiety to Nirvana

10 Point Checklist

Sanjay Sabnani

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 Conversations

FROM ANXIETY TO NIRVANA
WITH SANJAY SABNANI

WITH 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.**

☐ Embark on a continuous journey in knowing yourself deeper and deeper. Focus more on finding ways to achieve what you want rather than dealing with what you don't want.

☐ Understand and accept that even though you are going or have went through difficult times, these experiences act as lessons, making you who you are today. Be grateful instead of spiteful.

☐ Don't file and save away the pain or sweep it under a rug. It's better to deal and go through it. Remember the famous saying "this too, shall pass."

☐ Learn to let go of your ego and accept that sometimes things happen as they are to lighten up life's baggages.

☐ Take the initiative on finding what works best for you when you're coping with physical or mental health problems. If you're open to the option of using Cannabis, consult with a medical expert.

☐ To deal with anxiety and depression, research alternative medicine to learn other options than traditional treatments and pills.

☐ When it comes to using medicinal Cannabis, be responsible in taking it just like you're taking medicine. For example, it's best to have it before you sleep rather than before going or while at work.

☐ Talk to somebody. Don't hesitate to reach out for help when you need it. Tell a friend or look for support groups that you can always reach out to.

☐ Find ways to help you relax and calm your thoughts down. It can be in a form of meditation, yoga or even chanting - whatever you're most comfortable with.

☐ Master the state of "not being attached" also known as Moksha in Hinduism and Nirvana in Buddhism by finding a strong community that practices the belief.