

STELLAR *Life*

Hosted By *Orion*

The Gift of Maybe

10 Point Checklist

Allison Carmen

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.**

- Make peace with the fact the only permanent thing in the world is change. There is no certainty. Anything can shift in a second. Instead of living in fear because of that, treat every day as a blessing.
- Believe in the value and health benefits of rest. Take a short break once in a while. If it's doable, taking a sabbatical can even be a smart move.
- Focus on the present moment. It's alright to look into the future. But always remember, what matters most is what's happening right now. Today's decisions affect tomorrow's outcome.
- Have faith in a higher power and trust the bigger picture. Believe that everything happens for a reason. If things seem murky and uncertain today, maybe it's the universe preparing you for what you've been asking for.
- Stay hopeful. Since nothing is permanent, even the bad days go away, too. This too shall pass.
- Try changing your perspective when you feel stuck. Sometimes the answer is right in front of our face; we just have to look from a different angle to see it.
- Be mindful of your thoughts and inner dialogue. The things you say to yourself eventually become your driving force. Stick to kind and encouraging words rather than being too critical.
- Aim for a better world. You can change the world in your own simple way. Start by mastering your day-to-day habits. Then move onto bigger causes.
- Try the "maybe mantra" whenever you find yourself in the middle of feeling uncertain. "Maybe there's something else for me to experience at this moment." "Maybe the universe is trying to prepare me for the life that I truly want."
- Grab a copy of Allison Carmen's book, [*The Gift of Maybe: Finding Hope and Possibility in Uncertain Times*](#).