

STELLAR *Life*

Hosted By *Orion*

Mindset Hacks for Thriving During Times of Chaos

10 Point Checklist

Orion Talmay

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.**

- Become a master of your own thoughts by implementing ways that regain control of your mind. Everything starts with awareness followed by thorough research and, if necessary, consultation with an expert.
- Be aware of what learned helplessness means so you can refrain it from happening. Learned helplessness occurs when an individual continuously faces a negative, uncontrollable situation and stops trying to change their circumstances, even when they can do so.
- Be careful with the words you use on yourself. What we usually say to ourselves becomes our blueprint. Make sure to be extra kind, compassionate, and patient with your inner dialogue.
- Cultivate resourcefulness, especially during challenging times. When things go tough and scarce, spark your creativity in problem solving, so you have the power to lighten up the burden.
- Believe and practice the Law of Attraction. You have the power to turn your thoughts into reality. Trust that the Universe already has what you're looking for, it's just preparing you for success.
- Be the author of your own life story. You are the master of your destiny. What matters most is you're happy with the decisions you make.
- Laugh out loud. Try to add lightness and humor to every facet of your life. Laughter indeed is the best medicine.
- Focus on what's good. Instead of bashing what you hate, focus on what you love, and spread that positivity to the people around you. A small act of kindness goes a long way.
- Remain grateful even in the littlest things. If you look deep, there's so much to be thankful for within your day. Listing them down helps a lot too.
- For more uplifting content, tune in to Stellar Life Podcast and let us know your feedback.