

STELLAR *Life*

Hosted By *Orion*

Expand Your Consciousness

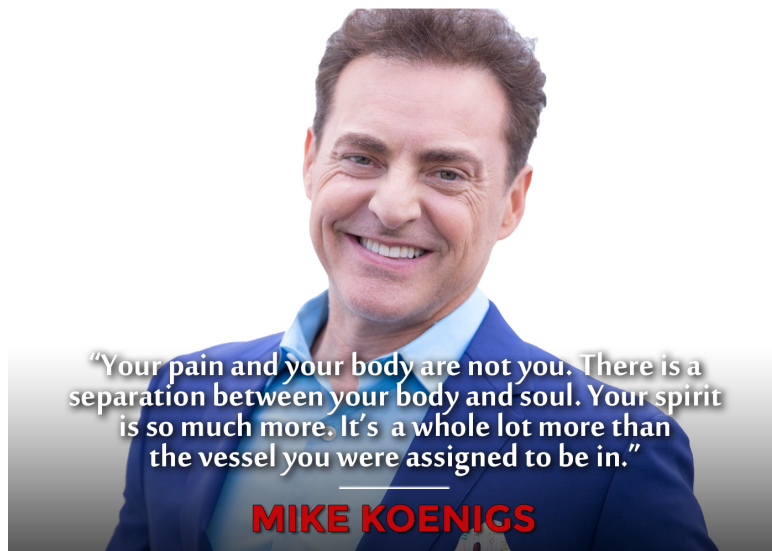
10 Point Checklist

Mike Koenigs

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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"Your pain and your body are not you. There is a separation between your body and soul. Your spirit is so much more. It's a whole lot more than the vessel you were assigned to be in."

MIKE KOENIGS

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.**

- Stay present and show up for the ones you love. Your time and presence are the most precious gifts you can give your friends and family.
- Remain grounded even through chaos. Some activities that can help you stay grounded are meditation, journaling, and regular exercise.
- Seek ways to help expand your consciousness. It can be as simple as reading an excellent book or going on a trip to a different land to find your soul.
- Eradicate the fear of scarcity. If you live in abundance and believe in the Law of Attraction, whatever you set your mind to will become your reality.
- Keep enriching your soul by staying healthy physically, emotionally, and spiritually. There will be times where you may feel misaligned. Trust that it's normal, and you will find balance again as long as you work your way through the challenges.
- Expand your knowledge by reading inspirational books. Mike Koenigs recommends the works of Louise Hay, Deepak Chopra, and Wayne Dyer.
- Believe that there is no such thing as coincidence. Everything happens for a reason. Everyone that comes into your life is a potential teacher.
- Listen more. Be more attentive when someone is conversing with you. At the same time, stay in tune with your thoughts and feelings. When you listen, the answers will become more apparent.
- Set your intentions daily. Deciding the outcome of the day is a powerful activity. List three things you want to accomplish by the end of the day, and keep doing this to stay focused on your goals.
- Visit [Mike Koenigs's website](#) to learn more about his advocacy, teaching, speaking events, and services.