

# STELLAR *Life*

Hosted By *Orion*

## Living a Healthier Life

10 Point Checklist

**Nikki Sharp**

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 *Life*

Hosted by *Orion*



"You need to have a deep desire to want change. Every fiber in your body must want something so bad. If that's not the case, you'll never be motivated enough to just go for it."

**NIKKI SHARP**

# 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.**

- Find your 'why.' Discover your purpose and let that be your North star in life. When you have a strong reason for doing what you're doing, you will not give up easily.
- Be willing to make changes in your life for the better. Before making the big move, you need to want it with all your heart.
- Be a more compassionate human being. Have an awareness that everyone is going through their own struggles. A little bit of kindness goes a long way.
- Discipline yourself from using social media. Studies show that too much time spent on these websites can affect your mental health. A social media detox now and then is good for your health.
- Overcome self-doubt by first acknowledging it exists. Every one of us has our own insecurities, and we either find a way to deal with them or make peace with them.
- Focus on the feeling and not the material aspect of the goal. For example, don't focus too much on achieving a beach body or having more money in your bank account. Focus on working to become more confident, disciplined, and determined.
- Stop counting calories. Instead, make a promise to eat as healthy as you can. Avoid processed junk food that's full of GMOs and stop yourself from binge eating.
- Fight stress and prioritize sleep. When our body goes through so much stress paired with lack of sleep, we tend to make bad decisions about our health. This instantly makes the body crave more sugar and fat.
- Start implementing small amounts of ways to improve yourself. You don't need to do 100 push-ups right away or completely eliminate chocolate out of the blue. Small habits build up over time until your body gets used to them.
- Check out [Nikki Sharp's website](#) to learn more about awesome tips about health and wellness and grab a copy of her book, [The 5-Day Real Food Detox: A simple, delicious plan for fast weight loss, banished cravings, and glowing skin.](#)