

STELLAR *Life*

Hosted By *Orion*

Eliminate Stress and Find Joy

10 Point Checklist

Lisa Kaplin

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.**

- Spend your energy wisely. List your top priorities and make sure you're willing to do the work to keep yourself aligned with your values. Work-life balance is not for the faint of heart but having determination goes a long way.
- Find meaning in the work that you do. When you do what you love, the rest will follow.
- Be aware of how you show up in the world. Are you showing up as your best self? Do you make every day count?
- Watch what you consume mentally and emotionally. Watching too much news, spending too much time on social media, and associating yourself with toxic people is not good for you.
- Let go of things you can't control. Remember that the only thing you have control over is your emotions.
- Don't suppress negative emotions. Fully acknowledge what you're going through. Let yourself feel, and be patient while you go through your healing process. There are no shortcuts.
- Understand that our actions, no matter how small, can have a ripple effect. Let this awareness guide you in making the right decisions in life.
- Harness your God-given gifts. Discover what they are, keep developing them, and most importantly, share them with others.
- Let your thirst for adventure and curiosity keep you following what makes you happy. Let it become your guiding light. Live in the moment and set your soul free of inhibitions.
- Check out [Lisa Kaplin's website](#) to learn more about her story, teachings, and services.