

STELLAR *Life*

Hosted By *Orion*

Invite More Joy in Your Life

10 Point Checklist **Stephanie James**

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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“Life is showing up for us, and it will continue to guide us as we surrender to it.”

STEPHANIE JAMES

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.**

- Spark more joy in your life. There is always something to be happy about, no matter how small or simple it may seem.
- Appreciate the little things. Most of the time, it's the little things that bring the most significant impact to your life.
- Focus your attention on positive things. Instead of worrying and spending energy on the negative, shift your perspective to keep finding the beauty in everything.
- Surrender to a higher power not because you want to let go of control but because you trust that the universe will always guide you in the right direction. Everything that is happening or is about to happen is for the greater good.
- Manifest your deepest desires and dreams. You have the power and capability to accomplish any goal you want as long as your brain is wired in the right direction.
- Start the day with peace. Establish a morning ritual that aims to get you energized, aligned, and ready to take on the day.
- Pamper yourself. Don't forget to take breaks. Rest is vital for a healthy and balanced lifestyle.
- Limit your use of social media. Studies show that spending too much time on social media can affect your self-esteem and mental health. Detach and be offline more often.
- Show up for yourself. Make sure you prioritize your needs first. You cannot pour from an empty cup.
- Visit Stephanie James' [website](#) to learn more about her mission and advocacy.