

STELLAR *Life*

Hosted by *Orion*

Spirituality and Entrepreneurship

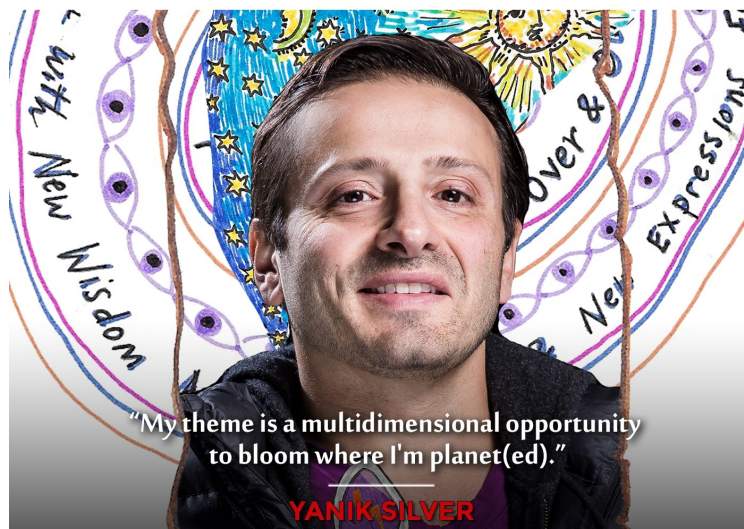
10 Point Checklist

Yanik Silver

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.**

- Do mindfulness practices in the morning. They could be breathwork, meditation, and yoga. These can set a calm and productive tone before the day's activities, and distractions begin.
- Don't turn on your phone first thing in the morning. When you check your phone right after waking up, you are priming your brain for distraction. Seeing or reading something negative first thing in the morning can trigger your stress response and put you on edge for the rest of the day.
- Have a daily journal habit. Keeping a journal helps you create order when your world feels like it's in chaos. You get to know yourself by revealing your most private fears, thoughts, and feelings. Look at your writing time as personal relaxation time. It's a time when you can de-stress and wind down.
- Express yourself fully. It can help you keep in touch with how you are feeling. It can also help you release a lot of tension that you might be carrying around. On the other hand, repressing yourself can cause considerable struggle and lasting mental and emotional pain.
- Always have fun with what you're doing. Having fun helps balance your stress and feel-good hormones and prevents diseases long-term. It also helps to boost your creativity, energy, productivity, and overall cognition.
- Commit yourself and keep to it. It's essential to accept yourself and believe in your abilities to live your best life. It proves that you can honor and trust yourself.
- Be curious. Curiosity makes your mind active. Curious people always ask questions and search for answers. Since the mind is like a muscle that becomes stronger through continual exercise, the mental exercise caused by curiosity makes your mind stronger.
- Believe that you are destined for greatness. You're capable of doing extraordinary things; it can be scary because of the uncertainty, but you need to push the boundaries to see the greener pasture of the other side.
- Always be of service. Serving others is good for your mental health, emotional well-being, and self-esteem. In addition, the laws of the universe have shown time and time again that those who serve others are more successful themselves.
- Check out [The Cosmic Journal](#) and [The Cosmic Journey Oracle Deck](#) - both are pretty fun and magical. Also, visit Yanik Silver's [website](#) to know more about him, and check out [Maverick1000](#), a group for different successful, industry-leading entrepreneurs.