

STELLAR *Life*

Hosted by *Orion*

How to Be Resilient and Unstoppable

10 Point Checklist

Amberly Lago

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.**

- Be open to possibilities of doing something better. Challenge your beliefs about what you can and can't do.
- Don't wait until you have it all figured out. Instead, start walking toward your promised land; you can figure out the details as you go.
- Take radical acceptance of what life gives you. Stop fighting reality and stop responding with impulsive or destructive behaviors when things aren't going the way you want them to, and let go of bitterness as it keeps you trapped in a cycle of suffering.
- Connect to God. Ask for help and pray to Him. Be responsive and talk to Him with due respect. Set aside some quiet time to meditate and listen to God.
- Practice daily gratitude. Be grateful for what you have and what you can do; it will change your life.
- Be of service to other people. Being of service gives you purpose in life. No matter what you're going through, find something that you can do to be of service to someone.
- Do the things you love. Doing what you love will make you more engaged and dedicated to your work, and you will feel more productive and enthusiastic in doing those things.
- Be present at the moment. Take the time to appreciate where you are, what you're doing, and who is with you. Instead of becoming caught up in the past or worrying about what will happen in the future, try to savor each moment as it passes.
- Live a life of intention. Being intentional helps you understand the importance and purpose of your bigger vision and directs your mind and actions to help you achieve it. It gives you greater clarity around what you want and takes the guesswork out of where to invest your time and focus.
- Visit Amberly Lago's [website](#) to learn more about her and her courses. Text the word GRIT to 818-214-7378 to get her free downloadable playbook. Also, check out and read her book, [True Grit and Grace](#).