

STELLAR *Life*

Hosted by *Orion*

Integrating Spiritual Intelligence Into Your Business

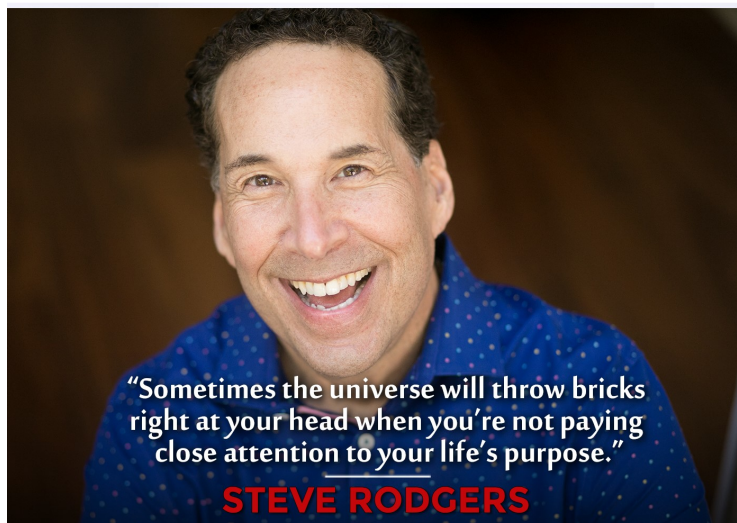
10 Point Checklist

Steve Rodgers

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.**

- Always have faith and spiritual practice in your life. This will help you to connect to God or Higher Source.
- Listen and trust your gut or instinct. Listening to your intuition helps you avoid unhealthy relationships and situations.
- Practice morning prayer and meditation with your God or Higher Source. Prayer is when you're having a conversation with God. Meditation is when you're consciously fully listening to what God is trying to tell you.
- Have a spiritual conscious business. Your business should sustain everyone involved in it in an ecosystem that betters the world. Open your heart to your employees and customers so they will also be open to you. This will improve the environment in your business.
- Stay out of your ego. Instead, invite God, grace, goodness, or greatness in your life. This will allow you to live in your highest calling, be authentic, and be of service to others.
- Be happy in your current moments, regardless of what you have or who you are. Happiness comes from living in the moment — also known as mindfulness. When you become mindful, you realize that you are not your thoughts; instead, you become an observer of your thoughts without judging them.
- Forgive and be forgiven. According to Nelson Mandela, "Forgiveness liberates the soul; that's why it is such a powerful weapon."
- Become friends with yourself and like who you are. Knowing who you are helps identify what you need to create the life you want. It allows you to focus on yourself positively, prevents you from getting too caught up in others' lives, and keeps you grounded and balanced.
- Cultivate your talent and find a way to teach it to others. Your talent gives you an endless flow of creativity, a sense of peace, freedom, or empowerment; it serves as a clear sign that others could benefit from it too. When you decide to share, you support the potential for the endless opportunities your gift affords others.
- Visit Steve Rodger's [personal](#) and [corporate](#) websites to learn more about him and his services. Also, check out his podcast show, The Alchemy of Business, and book, [The IGI Principles: The Power of Inviting Good In vs. Edging Good Out](#).