STELLAR Life

Hosted by Orion

Overcoming Doubts and Doubters

10 Point Checklist

Kara Goldin

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!

STELLAR Conversations

LIVE LIFE UNDAUNTED
WITH KARA GOLDIN

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.

- ☐ Start with a specific goal in mind and let that become your driving force in everything you do. In the process, make sure you're doing what you love so it doesn't feel like work at all.

- ☐ Visualize the life you want. It's not enough to declare your desires. You must believe that it is destined for you and will come true.

- ☐ Overcome your doubts about your strengths. Block out the noise and just focus on your dreams. Sometimes hearing criticism can leave you feeling unmotivated.

- ☐ Aim to help people with the businesses you create. The purpose of running a business is to improve the lives of others.

- ☐ Handle rejections like a pro. Achieving the life that you want will not always be rainbows and butterflies. There will be more no's than yes's but never let that faze you.

- ☐ Be more mindful of what you consume and how you nourish your body. Discipline yourself to lead a healthy lifestyle. It's essential to be fit and healthy when running an empire.

- ☐ Be more resourceful and flexible in dealing with challenging situations. Develop an open mind whenever a problem arises. Try to look at things from a different perspective.

- ☐ Don't put too many eggs in one basket. Strategize business processes wisely and handle how you scale gradually.

- ☐ Maintain an excellent connection and relationship with your community. Your clients and customers are your best assets. Everything you do in your company must be for their best interest.

- ☐ Grab a copy of Kara Goldin's book, *Undaunted: Overcoming Doubts and Doubters Kindle Edition*, and check out the Hint website.