

# STELLAR *Life*

Hosted by *Orion*

## How to Achieve Your Goals Easily

### 10 Point Checklist

**John Assaraf**

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.**

- ☐ Practice meditation to create a better connection with your subconscious mind. A simple 3 to 5-minute session in the beginning can help bring wonders into one's life.
- ☐ Start your day with gratitude in your heart. One way to practice is listing down what you're thankful for in a journal.
- ☐ Commit to a lifestyle that nourishes your brain more. Engage in mentally stimulating activities, take vitamins and minerals, sleep seven to eight hours a night, exercise at least three times a week, drink at least three liters of water daily, and practice mindful eating.
- ☐ Trust the process and focus on your goal. It's going to take a lot of work. Be patient with yourself as you create new patterns to better yourself.
- ☐ Learn to let go of disempowering beliefs as soon as they enter your mind. At the same time, let go of your ego and be open to learning more. Have the grace to denounce previous knowledge that no longer applies anymore.
- ☐ Visualize your stellar life. Define your goals and don't hesitate to manifest what excites you the most. Making a vision board or writing them down and infusing them with passion are good ways to attract success.
- ☐ Find self development experts you resonate with. Whenever undergoing treatments, it's best to do it with a professional so you know you're safe throughout the entire procedure.
- ☐ Don't let fear hold you back. Never let fear turn off your motivation but see the joy and the benefit of every pursuit instead.
- ☐ Visit John Assaraf's [website](#) to learn more about meditation, *innercising*, and neurotechnology. Access free brain training at [Brain O'Thon](#) with John and other brain experts.