

STELLAR *Life*

Hosted by *Orion*

The Spark Factor

10 Point Checklist

Dr. Molly Maloof

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.**

- Prioritize your health. The healthier you are, the more productive your life will become. A healthy body and mind enhance your performance and improve your mood.
- Do everything in your life out of love. Love is important in amplifying one's health, and there are many ways to create love. Start with nurturing your relationship with yourself, your family, and your friends.
- Keep a consistent fitness regimen. The key to an optimal life is sticking to healthy habits. Create a daily fitness goal that includes a workout routine and a meal plan that suits your lifestyle.
- Consult experts to understand how to optimize your health. Don't be shy about asking questions when it comes to becoming healthy. Seek your Doctor's advice or hire a professional coach.
- Cultivate your sense of compassion not only for others but for yourself. Start practicing self-love and remember, to love other people better, you must first show love and kindness to yourself.
- Build a compassionate social network. Invest in a circle of loved ones with those you know will be there for you through all circumstances. Attend programs or join organizations that resonate with you.
- Make peace with and befriend your body. Embrace your body's uniqueness. Make it a habit to thank your body for fulfilling its function.
- Tap into your subconscious mind. Spend time in a state of visualization and manifestation, and be clear about what you want to create in your life.
- Connect with nature. Studies have proven nature bolsters your mental health. Embark on a nature walk before sunrise or sunset and become one with your environment.
- Visit Dr. Molly's [website](#) for helpful health optimization information, and follow her on social media @doctormolly.co. Also, a pre-order bonus of her book, *The Spark Factor: The Secret to Supercharging Energy, Becoming Resilient, and Feeling Better Than Ever*, is available through Barnes and Noble and Amazon.