

# STELLAR *Life*

Hosted by *Orion*

## Finding Zen Within

### 10 Point Checklist

## Anthony Capobianco

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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“Great things happen and everything works out in your favor when you lean into your calling.”

**ANTHONY CAPOBIANCO**

# 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.**

- Try different tea varieties and discover their benefits. Study their origins, taste, and traditional production methods. This will help you develop a palate for tea and recognize different flavors and aromas.
- Find your passion and identify your interests. Take some time to reflect on what you enjoy doing, what you're good at, and what motivates you. Then you can discern your calling.
- Ask for guidance from your higher power. Spirituality is a personal journey, so find what works best for you; meditation, prayer, and journaling can help.
- Strengthen what defines you. Write down values, beliefs, and personality traits you deem important and reflect on them often.
- Have confidence in your decisions. Don't let any negative thoughts or insecurities hold you back. Instead, believe in yourself and trust that you can make the right choices.
- Create a vision board to keep yourself motivated and on track with your goals. This is a great way to visualize what you want to achieve in your journey and a good reminder of why you started in the first place.
- Build your network. Attend events and professional organizations to connect with people in your industry.
- Never stop learning. Even as you age, remember — there's much for you to still do and explore. Keep your youthful energy and glow.
- Continually pause, rest, and reset. Taking breaks is good for health and balance. Life is about more than work.
- Connect with Anthony Capobianco through the Zen Tea Traders' [website](#) or email him at [anthony@zenteatraders.com](mailto:anthony@zenteatraders.com).