

STELLAR *Life*

Hosted by *Orion*

Healing, Thriving and Loving Life 10 Point Checklist

Serena Poon

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.**

- Be proactive about your health. Leverage your knowledge in nutrition and support your body's natural healing processes with healthy habits to recover from illness or injury.
- Eat whole, nutrient-dense foods. Focus on eating natural whole foods, which are lower in calories than processed foods.
- Drink plenty of water throughout the day. This helps keep your body hydrated and supports various bodily functions such as digestion, metabolism, and skin health.
- Incorporate regular physical activity into your routine. Find activities you enjoy, such as walking, jogging, or dancing and set small achievable goals in your workout.
- Alleviate chronic stress. Identify stress triggers, and practice stress-management techniques such as meditation, deep breathing, and yoga.
- Listen to your inner voice. Your internal compass can guide you in important decision-making and help you stay true to your values and beliefs.
- Reflect on your own “why.” When you reflect on your motivations and goals, you gain greater clarity and perspective. This helps equip you to find ways to progress.
- Shift your focus outside of yourself to avoid a victim mentality. Understand that you are not meant to suffer throughout life.
- Make service a central part of your life's mission. By creating a habit of service, you can gain a sense of purpose and feel satisfied by making a difference.
- Visit Serena Poon’s [website](#) and her socials at [@chefserenapoon](#) for nutrition and wellness tips, innovative and delicious recipes for a nutrient-dense diet, and tips to practice mindfulness.