

# STELLAR *Life*

Hosted by *Orion*

**S.M.I.L.E.**

**10 Point Checklist**

**Barry Shore**

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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"When you lead a purpose-driven life, you will make a difference. Remember, you have an obligation to live life to the fullest."

**BARRY SHORE**

# 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.**

- Calm yourself and find clarity by breathing through your diaphragm. This creates awareness and helps you to respond to life's challenges.
- Seek transformation and embrace a purpose-driven life so you can make a positive difference in the world.
- Embrace your journey. Remember, you are the star of your journey. A world of possibilities opens when you believe in yourself.
- Recognize the power of choice in your life. Each moment presents you with choices, and these choices shape your path.
- Practice perseverance. No matter how tough life gets, keep moving forward with a positive mindset.
- Intentionally say "thank you" to embrace practical gratitude. This helps to harmonize and nurture kindness, and can bring happiness, health, and wealth.
- Witness daily miracles in your life. Every day, reflect the small miracles that unfold before you. Embracing life's simple pleasures reveals the magic in the ordinary.
- Harness life's vibrant energy. Spread positive energy through acts of kindness and compassion. Small gestures can brighten someone's day and create a ripple effect of positivity.
- Laugh daily and experience the profound benefits of laughter. Laughter is a powerful tool to enhance your well-being and spread positivity.
- Visit Barry Shore's [website](#) to access his [podcasts](#), [free e-books](#), and resources to lift your spirit and transform your perspective. Learn from his experiences and teachings to cultivate a life filled with boundless joy.