

STELLAR *Life*

Hosted by *Orion*

Zen Wisdom for Modern Life: Thriving Through Challenging Times

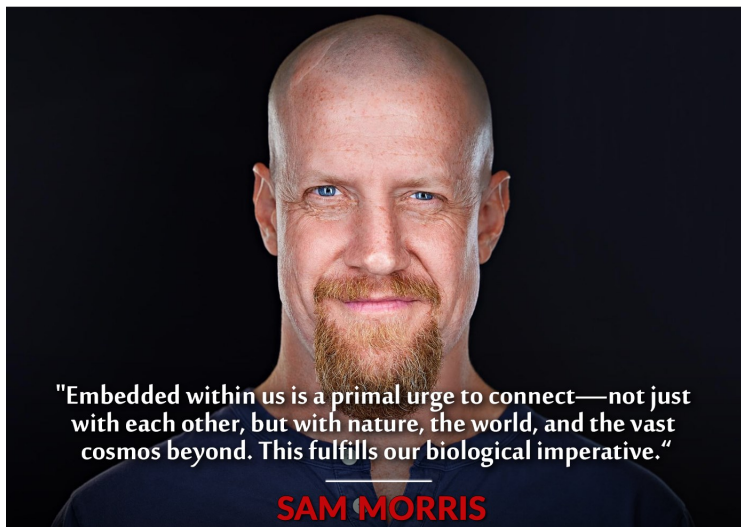
10 Point Checklist

Sam Morris

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.**

- ☐ Pay attention to your breath and your body. Devote daily time to sit quietly and feel your breath move through your body. Discover areas of tightness, ease, pain, or relaxation as you breathe.
- ☐ Ground yourself in your bioenergetic intelligence. Walk barefoot, hug a tree, or lie on the earth to restore your natural rhythm.
- ☐ Forgive others to create harmony in your life. Make a list of those you need to forgive — including yourself. Forgiveness can release you and give you freedom.
- ☐ Create a vision for peace. When your reactive mind takes over, intentionally reflect on your vision to gain understanding and promote goodwill.
- ☐ Practice emotional neutrality. Remember that no emotion or situation lasts forever. Consciously remind yourself that "this too shall pass."
- ☐ Explore movement practices to encourage connection with your body's innate intelligence. Movement practices like Continuum Movement can help you tap into your body's evolutionary potential and rediscover its innate wisdom.
- ☐ Practice discernment in what you consume. Align with your values and choose input that positively contributes to your growth.
- ☐ Limit distractions and cultivate mindfulness. Reduce your phone use to enhance presence and focus in your daily life.
- ☐ Seek activities that induce a flow state. The flow state allows your mind to embrace solitude, peace, and quiet.
- ☐ Learn more about Sam Morris by visiting zenwarriortraining.com. Explore his books, online courses, one-on-one coaching, and retreat offerings. Sam's teachings focus on mindfulness, embodied spirituality, and how to transform adversity.