

STELLAR *Life*

Hosted by *Orion*

The Heart of Leadership: Connecting with Others Through Empathy

10 Point Checklist

Vered Kogan

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!

STELLAR *Life*

Hosted by *Orion*



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.**

- Love yourself enough to set boundaries around what depletes your energy and time. Limit your calendar, requests, and habits.
- Challenge the stories you tell yourself. Pay attention to judgmental narratives about yourself or others. Flip the script and replace it with positivity.
- Invite possibilities into your heart through gratitude and compassion. Gain a new perspective through exploring [Vered Kogan's heart activation exercise](#).
- Release resistance and limiting beliefs. Identify contradictory thoughts blocking your goals. Use modalities like tapping or havening to break free from mental roadblocks.
- Connect to your true self and higher power. Start your day with greatness. Tune inward—meditate, visualize, and practice heart coherence exercises.
- Pause to reflect on and acknowledge your emotions. Allow your feelings to develop, acknowledge them, and discover inner wisdom.
- Choose conscious responses over drastic reactions. Avoid automatic reactions that close your heart.
- Learn vital truths about yourself through your difficult experiences. Recognize that challenges are opportunities for growth. Embrace hardships with open arms.
- Dare to step outside your comfort zone. Confront your fears to build unshakeable confidence and pave the way for extraordinary achievements.
- Explore Vered Kogan's podcast, [The MINDset Game](#), to tap into an abundance of resources to activate your heart and rewire your mindset. Visit Vered's website, [The Momentum Institute](#), to access her diverse coaching programs, individual training, and organizational training.