

352: Rising from the Ashes

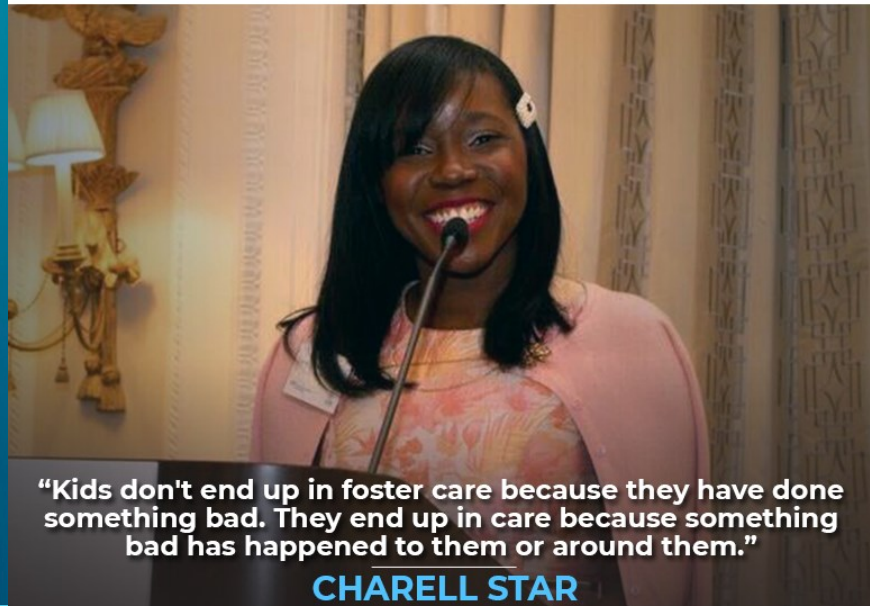
10 Point Checklist

Charell Star

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"Kids don't end up in foster care because they have done something bad. They end up in care because something bad has happened to them or around them."

CHARELL STAR

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Have empathy for foster care children. It's not the children's fault that they are in these situations.
- Foster a child. Nearly 440,000 children in the United States are in foster care. There are immeasurable benefits when children are taken in by nurturing and loving caregivers.
- Adopt a child. Every child deserves to be raised by a safe, loving family. Unfortunately, more than 110,000 children throughout the United States are waiting for permanent adoptive families.
- Become a Court-appointed Special Advocate (CASA) volunteer. Commit to spending time with the foster child and gathering information from everyone involved in the child's life.
- Donate to make a difference. Choose a foster care organization that I can donate to. Every donation can greatly impact a child's life. Here are some legit organizations where I can send my donations: [Together We Rise](#), [The Pajama Program](#), [Dave Thomas Foundation](#), [Comfort Cases](#), and [City Living](#).
- Mentor a foster child. Investing my time by lending a listening ear and sharing my advice, gifts, and talents with young adults preparing to age out of foster care will benefit them for a lifetime. Building relationships at any stage of life is difficult for many of them, but having a caring adult can help make a difference in leading them down the path to a positive future.
- Ensure that my company's internship program is advertised to foster care organizations. Foster youths should also have opportunities for these programs. They should have the education and skills so that they can get a job and be successful.
- Educate and advocate. A great way to help a child in foster care is to learn more about the foster care process and keep informed on the challenges vulnerable families face in my community. Educating myself and sharing with those in my circle spreads awareness and helps create a ripple effect of support for everyone affected.
- Share my story as a foster care youth. My story can be a motivating factor to make changes within the foster care system and in the lives of other foster children.
- Visit Charell Star's [website](#) to get to know her more and work with her. Also, follow her on [Facebook](#) and [Instagram](#) for her latest updates.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/rising-from-the-ashes-with-charell-star/>