

# STELLAR *Life*

Hosted By *Orion*

## Live Brighter and Better Through the Science of Color

10 Point Checklist

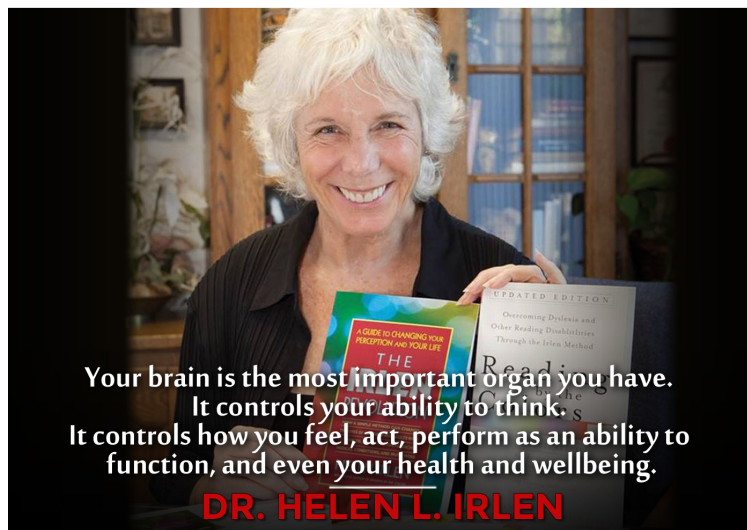
**Dr. Helen Irlen**

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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Your brain is the most important organ you have.  
It controls your ability to think.  
It controls how you feel, act, perform as an ability to  
function, and even your health and wellbeing.

**DR. HELEN L. IRLLEN**

# 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.**

- ☐ Practice becoming a better listener. Do your best to set your own issues and thoughts aside to become a blank slate and listen to what the person you're talking to is actually saying.
- ☐ Think about how you feel after you've been focused on reading for a while. If you experience physical symptoms, you may fall on the Irlen Syndrome continuum.
- ☐ Take the "Long Self-Test for Irlen Syndrome." This test will help you determine whether you're one of the many people unknowingly suffering from Irlen Syndrome.
- ☐ Take any of the other tests on Helen's website that apply to you. Doing so will give you more of an understanding of where you fall on the Irlen Syndrome continuum (if at all).
- ☐ If you have a child who has difficulty with reading skills, guide him or her through taking Helen's short reading test. Irlen Syndrome may be the cause of these problems.
- ☐ Find an Irlen testing center if you are starting to believe you may have Irlen Syndrome. The specialists there will be able to determine whether this is the cause of your problems.
- ☐ Work toward accepting that your brain is different from anyone else's. Have conversations with a few friends about how their brains work so you can understand the differences.
- ☐ Think back on negative things people have said to you ("lazy," "dumb," "unmotivated," and so on). Give yourself permission to release these thoughts and no longer be defined by them.
- ☐ Every day for the next week, give yourself a hug (in whatever form that may take for you) and tell yourself how wonderful if you are. If this feels good, keep doing it and let it become a habit!
- ☐ Read Helen's book *The Irlen Revolution: A Guide to Changing Your Perception and Your Life* to gain a deeper understanding of Helen's research.