

STELLAR *Life*

Hosted By *Orion*

Hacking Your Body

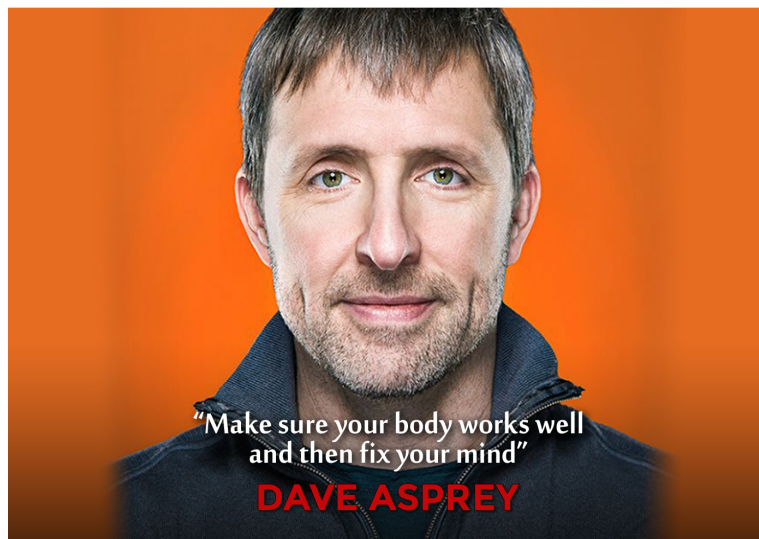
5 Point Checklist

Dave Asprey

Want to gain as much knowledge as possible out of this episode? Here is your **5 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Make sure your body works well
and then fix your mind"

DAVE ASPREY

5 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 5 steps that can move you closer to your goals – today.**

- Do your own research into stem cell therapy to understand what it's capable of. There have been huge breakthroughs; it's not just about cloning sheep anymore.
- Come up with one specific thing that you want to change about your body. Instead of trying to figure out whether you can do it, figure out how to do it.
- Download the Bulletproof Diet Roadmap, print it, and stick it on your refrigerator. Try to become more conscious of choosing foods that it encourages.
- Take it a step further: commit to following the Bulletproof Diet Roadmap exclusively for two weeks. You may find you don't want to stop.
- Experiment with your diet and keep a detailed log. Some foods are good for most people, but bad for a few. By figuring out which foods don't work for you, you can tailor your diet.