

STELLAR *Life*

Hosted By *Orion*

Reach Your Fitness Goals No Matter How Busy You Are

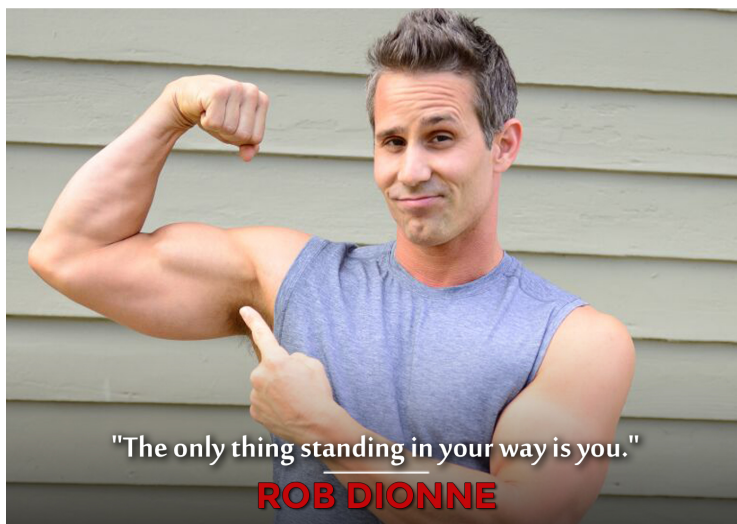
10 Point Checklist

Rob Dionne

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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"The only thing standing in your way is you."

ROB DIONNE

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.**

- Determine how much time you can devote to your top priorities. You should prioritize your family, work and health above others.
- Find a coach you are comfortable with. Keep trying new coaches until you find someone that gives you the best results.
- Don't be discouraged by your hectic schedule. The only thing standing in the way of overcoming your busy lifestyle is you.
- Make a decision that you will dedicate your life to health and fitness. Take care of your body and stick to your goals.
- Keep a healthy diet and make good choices no matter how busy you are. Replace a bag of french fries with a bowl of fruit for a healthier snack.
- Try some biohacking techniques and find what gives you the best results.
- Commit to doing healthy activities every day. Start with small exercises until you're ready for more difficult challenges.
- Prep your food ahead of time and cook in batches. This will help you save time throughout the week
- Take care of your body and love yourself. You only have one precious life so make it last by prioritizing your health.
- Always practice moderation. Being healthy doesn't mean you can't have fun. It's okay to give in to your guilty pleasures in small doses.