

# STELLAR *Life*

Hosted By *Orion*

## Personal Safety & Self-Defence

10 Point Checklist

**David Nance**

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 best self-defense is having a plan."

**DAVID NANCE**

# 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.**

- Educate yourself on personal safety by obtaining knowledge on how to deal with or prevent dangerous situations.
- Always have a plan. This is the best self-defense method and it will help you discern what to do in times of crisis.
- Always have a back-up plan. Have a first aid kit nearby or bring pepper spray with you to feel safe.
- Keep emergency hotlines close at all times. Have them saved on your phone or write them down and keep them in your wallet.
- Be aware of your surroundings. If you sense any form of danger, it's best to steer clear and find a safe place.
- Visualize yourself in a high stress situation. This will train your brain to deal with danger.
- Be aware of emergency exits and safe rooms in schools, workplaces or any public area you frequent.
- If you own a firearm, make sure that you are licensed and properly trained to handle it.
- Take some self-defense/martial arts lessons but only use your skills when needed.  
Choose peace over violence when possible.
- Spend time with the people you love. No one knows what tomorrow will bring so it's best to let your loved ones know how you feel.