

STELLAR *Life*

Hosted By *Orion*

Train Your Brain For Peak Performance

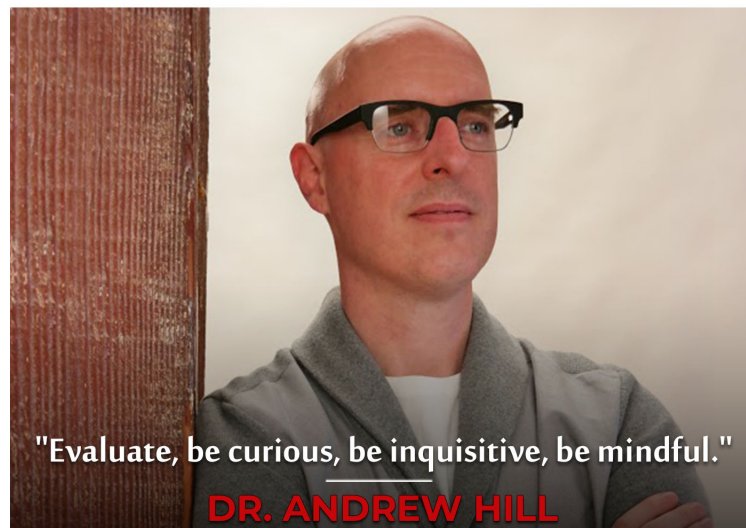
10 Point Checklist

Dr. Andrew Hill

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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"Evaluate, be curious, be inquisitive, be mindful."

DR. ANDREW HILL

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.**

- Dive deep into the world of biohacking by doing more research and discover powerful ways that you can hack your body's biology.
- Determine what your brain patterns are through brain mapping and gain knowledge on how to use this information.
- Work with an expert to fully understand your neurofeedback data. Be willing to try different brain exercises until your desired result is achieved.
- Practice meditation or mindfulness. You can do this by yourself or you can participate in Dr. Andrew's Peak Brain where they offer free mindfulness classes a few times a week.
- Recognize that your brain likes stimulus. Slowly and gently introduce things that will reinforce your desired brain responses.
- Focus on improving yourself. Learn new things every day. Dr. Andrew says you're never going to exceed your brain's storage capacity.
- Avoid these two bad brain foods: sugar and Omega-6 fatty acids. Dr. Andrew suggests maximizing Omega-3 fatty acids from fish oil or algae oil. Other good brain foods are E3Live, spirulina, Brain Octane Oil, MCT oil, coconut oils and blueberries.
- Be cautious. Stay away from ingredients that you don't fully understand. Know the risk and benefits before taking something.
- Take control of your health. Explore different methods to identify what exactly works best for you.
- Visit Dr. Andrew's [Peak Brain Institute](#) and take advantage of tutorials and practices that will enable you to train your brain to achieve its peak performance today.