

# STELLAR *Life*

Hosted By *Orion*

## Reach Your Full Potential

10 Point Checklist

**Dr. Chris Zaino**

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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"You don't need to discover your hero.  
It has always been inside of you."

**DR. CHRIS ZAINO**

# 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.**

- ☐ Take action as soon as possible when you notice something wrong with your body. Health issues will compound over time and before you know it you could have a medical emergency.
- ☐ If you want to inspire others, you have to work on your inner self first. Become at peace with your true self in order to shine bright enough to lead the way.
- ☐ Before your next big speech, send a survey to your audience if you are able to get a list of attendees. Then, review their answers so that you can tailor your speech as if you are speaking to them, by using their same language.
- ☐ Ask yourself - are you being what you wanted to be when you grew up? If not, what steps can you take to get back on a path that leads to your ultimate fulfillment?
- ☐ Don't be afraid to embrace your child-like nature - one full of curiosity, spirit, openness, agility and creativity.
- ☐ Try this for a morning routine: set your alarm clock 5 minutes early and wake up, sit on the edge of the bed, and envision how you want the day ahead to go.
- ☐ At the end of the day, give it all you got, even if all you got is 80%. If you tried with that 80%, that's still 100% of everything that you had, on that day.
- ☐ Know the difference between a potentialist and a perfectionist. A potentialist will wake up every day determined to do the best he can with all that he's got that day.
- ☐ Don't focus so much on getting to the top of the mountain. Once you are there, you will see 5 more pop up. Life is about the journey, not the destination.
- ☐ Think of the rough patches in life as experiences of contrast - showing you what you don't want in life can really help you discover what you do want, and the courage to go after it.