

# STELLAR *Life*

Hosted By *Orion*

## Anti-aging, Longevity, and Performance

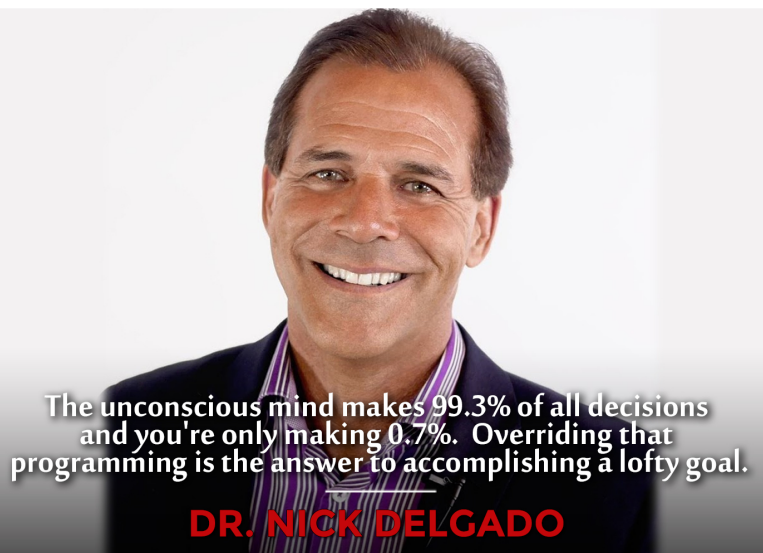
10 Point Checklist

**Dr. Nick Delgado**

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 unconscious mind makes 99.3% of all decisions and you're only making 0.7%. Overriding that programming is the answer to accomplishing a lofty goal.

**DR. NICK DELGADO**

# 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.**

- Get in the zone! When you are in a deep state of concentration, the neurological connection between mind and body is at its most heightened. Train yourself to enter a state of deep concentration. The more you do it, the easier it will become.
- Visualize the things you want to manifest in your life by declaring what you want specifically. When you put time and energy into your goals, they begin falling into place.
- Be open-minded to different beliefs and principles as long as they lead to self-improvement. Having a flexible way of thinking will help you reach your goals faster and with ease beyond expectation.
- Use herbal remedies rather than chemically manufactured drugs where possible. When taking supplements and multivitamins, look for natural veggie caps instead of gelatin capsules.
- Eat plenty of fruits like bananas, apples, and kiwis. Most doctors won't advise eating fruit regularly, but it's actually great for maintaining healthy blood pressure and cell regeneration.
- Get your hormones tested. Find out which hormones are causing an imbalance in your system so that you can prevent abnormal cell reproduction and treat them as soon as possible.
- Set aside quality time with yourself. Spend at least 15 to 20 minutes a day just being in tune with your body without any distractions. You can meditate, go for a walk, or exercise.
- Make your mornings significant by conditioning your mind into carrying positivity throughout the day. You can do this through journaling, stretching, or listening to a motivational podcast.
- Invest in your health more than you invest in material things. Remember the saying, "health is wealth" because you cannot do all the things you love without your body functioning properly.
- Be sure to check out the [Delgado Protocol](#) to find out how you can fight aging and improve your health and longevity.