

STELLAR *Life*

Hosted By *Orion*

Overcome Pain and Limitations through NeuroMovement

10 Point Checklist

Anat Baniel

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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"True thinking is a change in action."

ANAT BANIEL

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.

- Pay close attention to what you feel as you perform certain movements. Let your brain harmonize deeply with your actions so that you improve awareness and connection with your body.
- Take it slow when you're trying to learn new things. Having patience with the process will help you reach perfection at a better pace.
- Introduce play in everything you do. If you're not having fun, your brain will not be stimulated enough to persevere. This is when burnouts can occur, thus you may feel discouraged and find it difficult to press on.
- Be flexible with your goals and create some extra room for changes along the way. Embracing the unexpected is part of the journey into becoming your best self.
- View everything as a learning experience. Whatever you experience and whoever you meet along your path can teach you something new.
- Dream big and always let your imagination run wild. The brain is a very powerful tool that can turn ideas into reality. Keep pushing towards your aspirations in life.
- Practice self-awareness and spend time closely observing your thoughts and actions. Make time for reflection everyday so that you can accurately evaluate yourself.
- Be present and in the moment. Let go of the past and don't be anxious about the future. Instead, express your gratitude for your life right now.
- Check out Anat Baniel's [website](#) to learn more about NeuroMovement and how it can help you treat an injury, improve a skill, or repair a disability.
- Grab a copy of Anat Baniel's books [Move into Life](#) and [Kids Beyond Limits](#).