

STELLAR *Life*

Hosted By *Orion*

Become In-distract-able

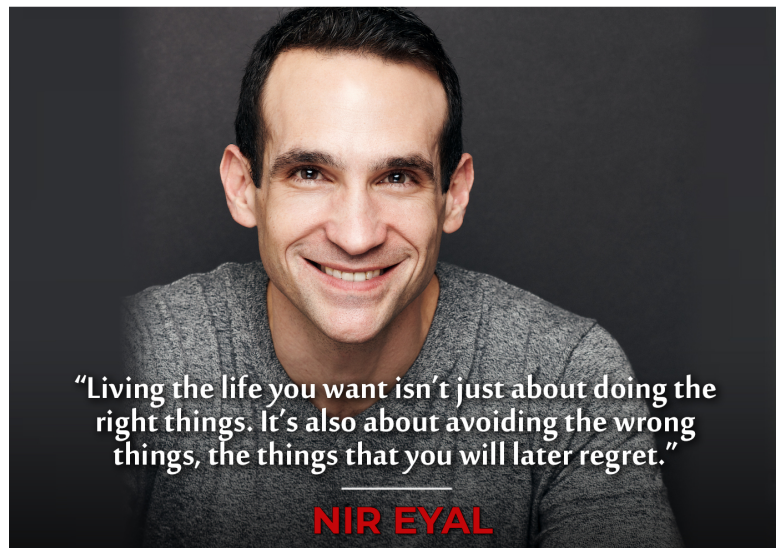
10 Point Checklist

Nir Eyal

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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“Living the life you want isn’t just about doing the right things. It’s also about avoiding the wrong things, the things that you will later regret.”

NIR EYAL

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 advantage of technology to make your life better. Some apps and gadgets can help optimize different life activities such as working out, sleeping, meditating, and more.
- Aim for results that invoke delayed gratification rather than instant rewards. Happiness on a whim usually dissipates quicker, which leads to a never-ending cycle of bad habits.
- Find the source of discomfort and fix it. Internalize why you're doing what you're doing, and make a list if necessary. Understanding your feelings will help you deal with underlying issues and get results quicker.
- Evaluate internal and external triggers for behaviors that affect your productivity. If you can understand your triggers, it will be easier to create a plan to counteract them.
- Learn to cope in circumstances that you cannot control. Sometimes the best thing to do is to embrace the situation as it is.
- Track your development after you implement strategies and tools to help you become more productive. If a method doesn't work, don't hesitate to find another that is better for you.
- Plan out your day and stick to it with the help of Nir's schedule maker so that there is little to no room left for distraction.
- Create a mantra to help motivate you internally. This type of meditation can help you find your balance and develop a healthy mindset to get things done.
- Be consistent and always be open to learning new things. According to Nir Eyal, consistency is better than intensity.
- Grab a copy of Nir Eyal's book, [Indistractable: How to Control Your Attention and Choose Your Life](#).