

# STELLAR *Life*

Hosted By *Orion*

## Break Through Your BS

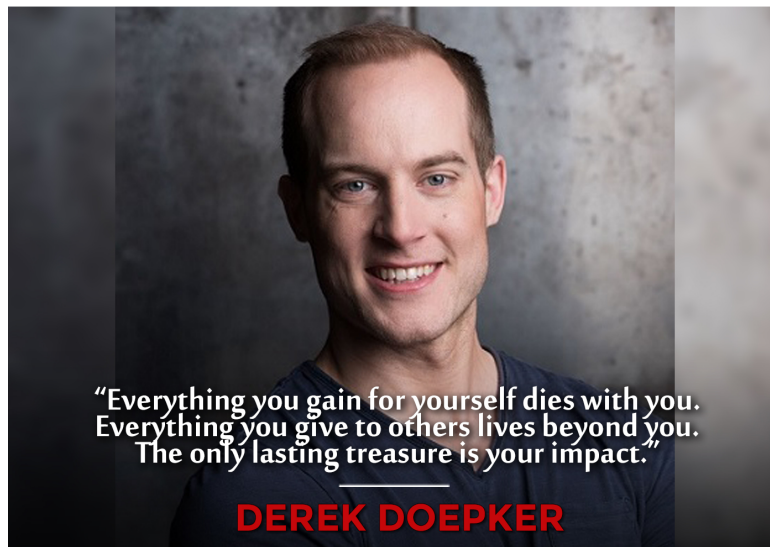
10 Point Checklist

**Derek Doepker**

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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# 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.

- Be more aware of the endless opportunities and blessings around you. They're everywhere as long as you keep looking for them.
- Treat everything as a learning experience. Even struggles and difficult people can give you new perspectives and realizations.
- Be careful with the language you use on yourself. Refrain from delimiting beliefs and always lean towards kind and encouraging words.
- Keep your heart open to abundance. Believe that you deserve all the good things life has to offer and that you are strong enough to deal with whatever challenge comes your way.
- Allow the emotions to flow through you. Cry or be angry if you need to, but realize that you don't need to dwell and suffer in that state for too long.
- Seek counseling if it gets difficult for you to process your emotions, and it's disrupting your life. It's okay to ask for professional help.
- Get creative in coping with life struggles and find something good that came with any experience. Humor always is an excellent remedy.
- Establish a mental discipline and build habits that will help you reach your life goals. There's no such thing as an overnight success, so be patient and take small steps.
- Maintain a well-rounded lifestyle and prioritize self-care before seeking out to help others. You can't pour from an empty cup.
- Relax and recover after working hard. Taking a break from the hustle and bustle can boost productivity.
- Grab a copy of Derek Doepker's book, [Break Through Your BS: Uncover Your Brain's Blind Spots and Unleash Your Inner Greatness](#).