

STELLAR *Life*

Hosted By *Orion*

Hacking your Happiness

10 Point Checklist

Scott Donnell

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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"Every living and breathing thing around us communicates through frequencies. We are all interconnected, and this is our main language."

SCOTT DONNELL

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.

- Prioritize your health and wellbeing. Health is wealth, and most people only realize how important it is to take care of themselves when they're already sick.
- Research more about biohacking. Find new and innovative ways to combat future illnesses and generally maintain a healthy and optimized lifestyle.
- Find ways to calm yourself down. Run yourself a nice hot bath after a stressful day or do yoga to release tension in your muscles.
- Monitor your emotional patterns by describing how you feel in a mood journal. This will help you realize if there is a particular emotion you need to deal with when you get overwhelmed.
- Limit your alcohol intake or refrain from drinking at all. Alcoholic beverages may help you become more social or relaxed, but they can actually harm your liver in the long run.
- Pay close attention to what you eat and put in your body. Certain foods and products contain small amounts of harmful chemicals. Go as natural and organic as you can.
- Focus on getting high-quality sleep every night. Be aware of your REM to maintain the right amount of deep sleep and get your body the rest it needs.
- Avoid eating processed foods and at fast-food chains and restaurants. Home-cooked meals ensure you know everything that goes into your dish.
- Follow SMILE. Sleep. Meditate, Intermittent fasting. Laugh. Exercise. A simple way to keep you healthy.
- Check out [Hapbee](#), the first wearable device that helps you feel calm, alert, focused, or sleepy on command.