

STELLAR *Life*

Hosted By *Orion*

Unlocking Your Brain's Hidden Power

10 Point Checklist

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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!



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.**

- Don't keep doing the same thing over and over expecting a different result. If something isn't right, something has to change.
- Nurture your personal relationships. They're your most important treasures. Great relationships not only boost productivity, a deeply cultivated trust and mutual respect. They are also great for your health.
- Learn new tools and methodologies that can improve the quality of your life. There's a bunch of apps, devices, self-help books, etc. to help expand your mindset and survival skills.
- Revisit the things you loved doing when you were a child. Doing stuff you always did when you were younger brings back memories. Those nostalgic feelings are good for your brain.
- Try using your non-dominant hand sometimes to exercise the part of your brain you seldom use. Stimulating the opposite side of your brain keeps it active.
- Be more self-aware by taking time within the day to reflect on your actions. Determine what you could've done differently, and acknowledge the things you've done well.
- Be intentional with your thoughts and actions and let that reflect in the work that you do.
- Take a moment for peace and quiet. Meditate, pamper yourself, find time to be alone with your thoughts so you can dive deep within.
- Keep your brain active. Consume content that can either spike your interest or add to your knowledge.
- Check out Bill Donius' [website](#) to learn more on how to unlock your inner genius.