

# STELLAR *Life*

Hosted By *Orion*

## Hacking Your Body

10 Point Checklist

**Dave Asprey**

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.**

- Do your own research into stem cell therapy to understand what it's capable of. There have been huge breakthroughs; it's not just about cloning sheep anymore.
- Come up with one specific thing that you want to change about your body. Instead of trying to figure out whether you can do it, figure out how to do it.
- Download the [Bulletproof Diet Roadmap](#), print it, and stick it on your refrigerator. Try to become more conscious of choosing foods that it encourages.
- Take it a step further: commit to following the Bulletproof Diet Roadmap exclusively for two weeks. You may find you don't want to stop.
- Experiment with your diet and keep a detailed log. Some foods are good for most people, but bad for a few. By figuring out which foods don't work for you, you can tailor your diet.
- Watch Dave's documentary [MOLDY](#). If it leads you to believe that you may be suffering from mold-related issues- take steps to ensure your home is mold-free.
- Research neurotherapy and contact a provider in your area to discuss whether it's right for you. It tends to be costly, but the results can be priceless.
- Every night, find three things you're grateful for. Write them down in a journal to get in the habit of identifying and expressing gratitude.
- If you're having a food craving, it's your fault. The next time you have one, instead of indulging or actively fighting it, stop and try to figure out why you're having it.
- It's difficult to generate enough energy to fix your mind if you're working with broken hardware (your body). Identify and work toward fixing any physical health problems that you have.