

# STELLAR *Life*

Hosted By *Orion*

## Embrace Pain to Avoid Suffering

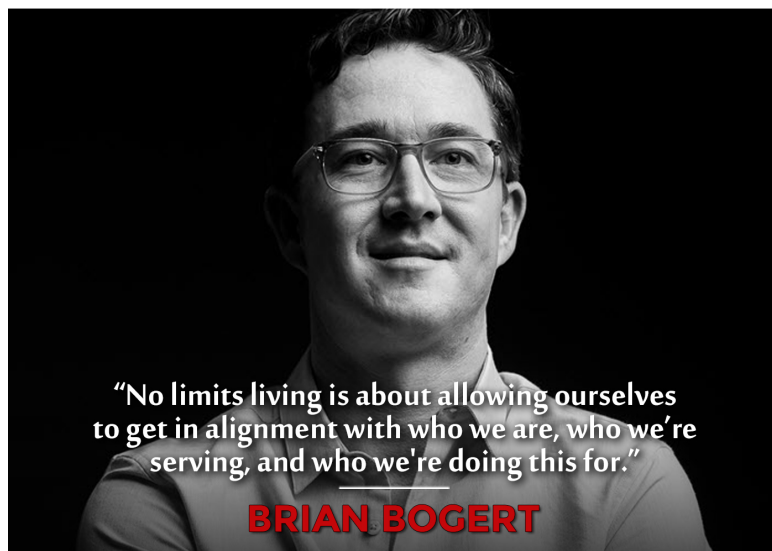
10 Point Checklist

**Brian Bogert**

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.**

- Understand the roots of problems. Addressing the cause rather than responding to the effect is an efficient way to overcome challenges.
- Do not dwell on problems. You will not succeed in life by staying in one place. Instead, make a plan and start doing what you can to solve the issues you face.
- Establish a healthy mindset. You can do anything you set your mind to. However, your outlook will be critical during situations that question your abilities.
- Do not let others define you. You are not the person people confine you into being. Chase what you care about and push through your limitations to live holistically.
- Sit with your emotions. Acknowledging what you feel allows you to deal with them healthily. Then, find a method that helps you process your feelings without being overwhelmed by them.
- Develop a spiritual practice. Connecting with your spirituality lets you openly receive guidance from above.
- Journal your feelings. Keep track of your emotions and reactions. Monitoring your progress empowers you to find a method that helps you manage your emotional triggers.
- Be disciplined. No Limits living and the journey towards your authentic self requires consistency. Develop a habit of being responsible for your future.
- Practice self-awareness. Identify all your emotional triggers, hostile behaviors, and toxic conditioning. Facing these head-on empowers you to live your best life without fear.
- Visit Brian's [website](#) and follow him on [Instagram](#) and [Twitter](#) to know more about No Limits Living and his powerful mindset. You can also visit [No Limits prelude](#) to download Brian's coaching philosophies.