

# STELLAR *Life*

Hosted by *Orion*

## Peak Performance and Longevity

### 10 Point Checklist

#### Shawn Wells

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.**

- Nourish your body. Pay attention to your physical health. Keeping balanced nutrition and avoiding extreme measures highlights the importance of being mindful of your body.
- Avoid the "grind" culture. Reconsider the idea of constantly grinding and sacrificing for success. Relentless work and imposter syndrome are stark reminders that it's essential to find a balance and not define your worth solely by your achievements.
- Transform your inner critic into an inner champion. Reframe your mindset to change negative self-talk into positive self-affirmations.
- Reflect on your triggers. When someone triggers or disrespects you, look within to understand why it bothers you. There is often a lesson or a mirror to your own internal struggles.
- Explore the power of supplements. Supplements can play a crucial role in health and healing, especially when addressing issues related to cellular energy, inflammation, and autoimmune conditions.
- Understand how your emotional state and stress levels can impact your health. Learning to shift from a sympathetic nervous system state to a parasympathetic state is vital for overall well-being.
- Explore various avenues to deal with chronic fatigue, including checking your thyroid health with a comprehensive thyroid test. Also, assess for anemia and investigate environmental factors that may be affecting your sleep quality.
- Support your mitochondria through supplements like PQQ, CoQ10, polyphenols, and niacin or NMN. These compounds can help enhance your energy production and vitality.
- Optimize your diet. Experiment with dietary approaches like fasting, the ketogenic, and the paleo diet to enhance your metabolic function and energy levels.
- Connect with [Shawn Wells](#) for more insights and information through his book, "[The Energy Formula](#)," and follow him on social media [@shawnwells](#) for valuable content related to anti-aging, biohacking, and more.