

## All Stars Tips & Checklist

### Dr. Phil's Tips

#### 7 Signs Your Spouse is Cheating

- Unexplained absences/activities
- Defensive/withdrawn behavior
- Changes in affection/interest
- Communication problems
- Financial woes
- Lying
- Unexplained critical attitude

#### Top 4 Ways To Get Over A Fear

- Differentiate between rational and irrational fears
- Understand that you have control
- Change your internal dialogue
- Challenge your fears

### Suze Orman's Tips on Life Insurance 101

- What kind?
- How long?
- How much?
- What will it cost?

### All Star Action Plans

#### Dr. Oz:

- Start taking your vitamin D 1000 IU daily

#### Dr. Phil:

- Life is too fast, so slow down
- For the next month devote 30 minutes each day just for you and relax

#### Suze Orman:

Make this year a year that you stand in your truth:

- Be proud of who you are. Don't be a financial faker
- Check the beneficiaries of your life insurance policies as well as your retirement accounts (minors can't be beneficiaries)
- Have the right documents in place today to protect your tomorrows