

# 348: The Lies We Tell Ourselves

## 10 Point Checklist

### Marisa Peer

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

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*Get* **YOURSELF OPTIMIZED**

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HOSTED BY **STEPHAN SPENCER**



**"Your words shape your reality. If you change your words,  
you change your reality."**

**MARISA PEER**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Don't let other people's critical words get to me. People have their negative opinions, but my positive opinion is more important for my growth and development.
- Maximize self-praise and minimize self-criticism; it will change my life. The worst criticism is the criticism I give to myself, and the best praise is my own praise.
- I am worthy of whatever I want. I am worthy of love, wealth, success, and health.
- Visualize what I want in life and work on it. Visualization will help my brain send a signal to my body to start behaving in a way that's consistent with the images in my head. In addition, it will help me have a clear picture of what I like to achieve.
- Learn to not take "no" for an answer. To achieve success, I have to do my best to get where I want to be. Failures are just stepping stones to my success.
- Step out of my comfort zone. I need to learn how to be comfortable with the uncomfortable and uncomfortable with the comfortable. This will help me grow and learn in life.
- Speak in the present tense and make the picture exciting when I talk to myself. Instead of saying, "Next year, I'm going to love my weight." I should say, "I'm super-duper amazingly impressively healthy."
- Don't let someone else's story define or shape me. I have to write and create my own story. I'm the only one who can edit, shape, change, and rewrite it.
- Join Marisa Peer's [I Am Enough Online Movement](#) to transform my thought process and take control of my life again. Also, check out her new book, Tell Yourself a Better Lie, on [Amazon](#) and [Barnes & Noble](#).
- Visit Marisa Peer's [website](#) to connect with her and access free audio about love, health, and wealth. Also, check out Rapid Transformational Therapy's [homepage](#) to learn how to train with her.

To view the transcript, resource links and listen to the podcast, visit:

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