

430: An American Ninja Warrior on Peak Performance

10 Point Checklist

Zack Arnold

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.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"We tell the stories that inform our realities. Life may not unfold as planned, but sometimes deviation is our true path."

ZACK ARNOLD

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.**

- Optimize my health. My health is a critical factor in achieving my highest potential. Invest in practices like exercise, nutrition, and sleep. These are essential for maintaining my creativity and productivity.
- Embrace my unique qualities and leverage them. Recognize my qualities are superpowers when correctly harnessed.
- Practice mindfulness meditation. Embrace mindfulness meditation as a tool to quiet my racing mind and increase self-awareness.
- Visualize my thoughts as passing clouds and my inner clarity as the unchanging blue sky. This helps me effectively manage my thoughts and emotions.
- Vibrate at a high frequency. Learn to raise my vibration by doing simple exercises or asking for guidance. This can have a profound impact on my thoughts and emotions.
- Adapt my hero's journey. Recognize that I am on my own unique hero's journey, complete with obstacles, and sometimes, detours are part of that journey.
- Cultivate a positive perspective even when life throws unexpected situations my way. Embrace new realities and focus on the positive aspects of my life.
- Learn to adapt to changing circumstances and maintain a calm, composed attitude when dealing with chaos.
- Acknowledge the interconnectedness of life. Recognize the moments when I experience synchronicities or "glitches in the matrix." Understand that these are not mere coincidences but are orchestrated from a higher source.
- Visit Zack Arnold's website at [optimizeyourself.me](https://www.getyourselfoptimized.com) and use the contact form to get in touch with him. Learn more about his coaching programs, improve storytelling skills, and how to optimize time management.

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

<https://www.getyourselfoptimized.com/an-american-ninja-warrior-on-peak-performance-with-zack-arnold/>