

125: Reinvent Your Life


10 Point Checklist

Adam Markel

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**

A portrait of Adam Markel, a bald man with a friendly smile, wearing a dark patterned shirt. The background is a soft-focus green and white.

"Pursuing something that you are so invested in and love so much and are so passionate about doesn't feel like working."

ADAM MARKEL

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.**

- Working 80-90 hours a week can take a toll on my health, family and social life. Overworking is not a badge of honor.
- It's never too late to reinvent myself and start over. Many people didn't reach the peak of their careers until they were in their 50s.
- Accept that nothing is permanent and change is constant in business and in life. This will help me to not worry too much about the future.
- Determine my true identity and be decisive of what I want in life. Reaching goals is easier when I have a clear vision.
- Never stay too long in a miserable state. It's alright to feel down and defeated but not doing anything about it will damage my self-esteem.
- Let go of all my fears and inhibitions and just go after my dreams. It's not going to be an easy ride but it only takes one lead to take me there.
- Be resilient and don't let challenges bring me down. Instead, I should bounce back from my setback and learn from my failures.
- Be grateful even for the little things. Not everyone gets to have the chances I have in life and I should be thankful for them.
- Find time for what truly matters which is my physical and mental health, family and loved ones. Moments with the people I love the most.
- Grab a copy of Adam Markel's [Pivot: The Art and Science of Reinventing Your Career and Life](#) and be inspired today.

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

<https://www.getyourselfoptimized.com/reinvent-life-adam-markel/>