

198: Optimize Your Brain through NeuroMovement

10 Point Checklist

Anat Baniel

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**



“Movement is the language of the brain.”

ANAT BANIEL

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.

- Maintain a physically fit lifestyle by engaging with a sport or exercising regularly. Staying active keeps the brain alert and stimulated even as I age.
- Have patience and take it slow when I am learning or trying something new. I should have an occasional change in my pattern so that I remain curious and interested.
- Pay attention to my posture and physical movement whenever I perform a repetitive activity. Determine how it makes me feel when I do it and find out if I need to change it.
- When I am enhancing a movement for a specific physical activity i.e. running, dancing, etc., introduce variations in my mobility and determine which actions help me achieve my goals with the least resistance.
- Practice enthusiasm in my daily life. It takes skill and training to rewire my brain into choosing to be happy.
- Set flexible goals so that I can be more well-adjusted when unexpected things happen in my life.
- View everything as an opportunity for learning, even the hardships and challenges.
- Never rule out imagination. The brain can be very powerful and thoughts can become reality. Keep dreaming and working on reaching my goals.
- Become aware of all my senses and stay fully present and in the moment. This will help me experience things on a deeper level, and it will also improve my memory.
- Grab a copy of Anat Baniel's books, [Move Into Life](#) and [Kids Beyond Limits](#). Check out her free eBook as well and get the 9 Essentials of NeuroMovement.

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

<https://www.getyourselfoptimized.com/optimize-your-brain-through-neuromovement-with-anat-baniel/>