

118: How to Automate and Outsource Everything

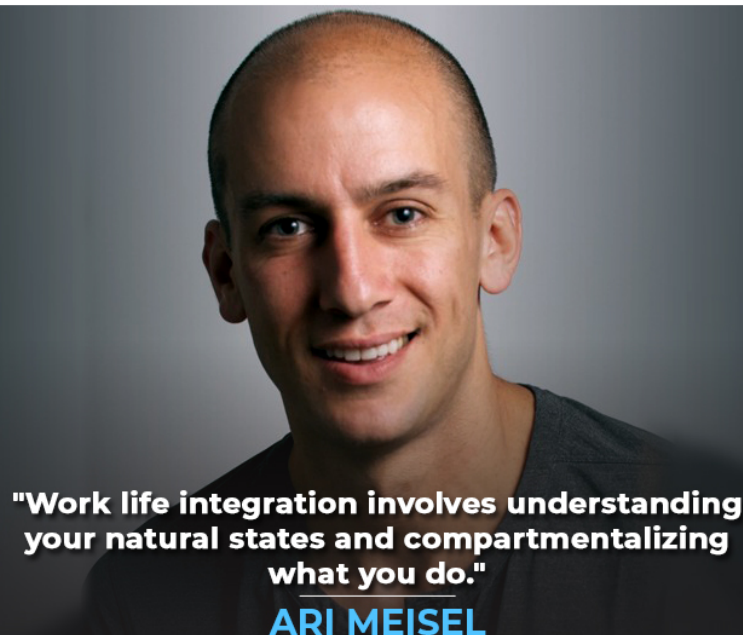
10 Point Checklist

Ari Meisel

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**



"Work life integration involves understanding your natural states and compartmentalizing what you do."

ARI MEISEL

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.**

- Create systems that involve organization, outsourcing and automation. This can help me fight stress and improve my productivity.
- Have a good reason to be productive. Let that reason be my motivation when I am trying to get things done.
- Try different productivity processes and systems until I find what's best for me. What works for others might not work for me.
- Have a system in place that I am comfortable with before I decide to expand my company. This will help me train new team members more effectively.
- Find my peak time with the help of Human Performance on iOS or Less Doing Peak Time on Android. Do my heavy thinking during these hours for optimized productivity.
- Fight jet lag and even seasonal depression with HumanCharger, a device that emits bright light therapy through my ears.
- Choose the right devices and beware of biohacking. I can continue living a healthy, optimized life without using too many devices.
- Regularly monitor my heart rate and sugar levels so that I can regulate them.
- Consider buying TrueDark Twilight and Daywalker glasses for better sleep, performance, and health.
- Use project management tools such as Asana, Trello or Airtable not just for work but for personal tasks and household duties.

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

<https://www.getyourselfoptimized.com/automate-outsource-everything-ari-meisel/>