142: Building Your Dream Life

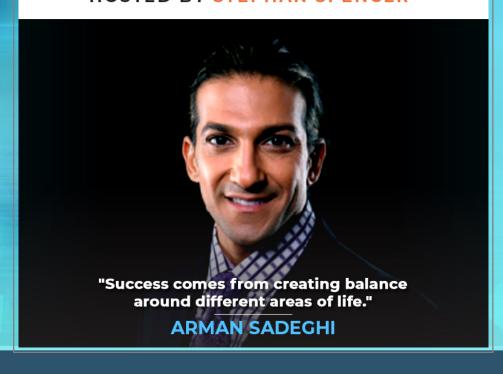
10 Point Checklist

Arman Sadeghi

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



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.

	Keep a balanced work-life relationship and prioritize what's most important so that I can focus on building a better future for myself and my loved ones.
	Take good care of my physical and mental health. Being healthy positively affects my psychological state.
	Keep moving. Stretching, exercising and walking will give me good blood circulation and help me keep a positive demeanor.
	Invest in my relationships. The most valuable thing is time spent and shared with my loved ones.
	Nourish my spirituality. Keep a close relationship with a higher being that guides me to enlightenment.
	Know when to take a break and refrain from juggling too many tasks. Being overworked will damage my productivity.
	Reward myself when I deserve it. It's good to indulge in things I want when I accomplish a task I've worked for.
	Look for hacks that can help me achieve things more efficiently. It can be tweaking my schedule, prepping my food or buying useful gadgets.
	Utilize business tools that can help me reduce manual labor and automate my systems.
	Stay committed no matter what. If I want to build the life of my dreams, I must do everything I can to achieve it.
То	view the transcript, resource links and listen to the podcast, visit:

https://www.getyourselfoptimized.com/building-your-dream-life-arman-sadeghi/