

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**



"Success comes from creating balance around different areas of life."

ARMAN SADEGHI

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.

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

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