

296: The Stories We Tell Ourselves

10 Point Checklist

Carl Taylor

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**



“Our life is the story we tell ourselves.”

CARL TAYLOR

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.**

- Develop a more profound sense of what life truly is about. It's not just about tangible things like career, money, and accomplishments. It's more about the people we meet along the way, the problems we undergo, and how they shape us as human beings.
- Harness the power I bear of being able to change my story. I don't have to be stuck in a narrative that no longer works for me. I will always have options when I'm stuck.
- Be open to the possibility that some things are beyond what our minds can comprehend. There are mystic beliefs and a higher power that know all about the world's past and future.
- Be more inquisitive. Don't be afraid to go down the rabbit hole. The brain has no limitations when it comes to learning. It only goes as far as I'm willing to go.
- Have a clear definition of what success means to me. Having that set in mind helps me focus on what I want in life.
- Occasionally take a break or a timeout from work. Taking some time to recharge and rejuvenate gives me a clearer perspective of what I need to do next.
- Use the gift of time wisely. Life is short, and we are only given one life to live. Make it as worthwhile as possible.
- Find comfort in nourishing my spirit. Pray, meditate, appreciate nature- anything that keeps me grounded and closer to my spiritual being.
- Understand that there are no coincidences. Treat everything I encounter as a learning experience for everything happens for a reason.
- Grab a copy of Carl Taylor's book, [*Becoming Bulletproof: Survive and Thrive in Any Situation*](#).

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

<https://www.getyourselfoptimized.com/the-stories-we-tell-ourselves-with-carl-taylor/>