

257: How to Get Unstuck

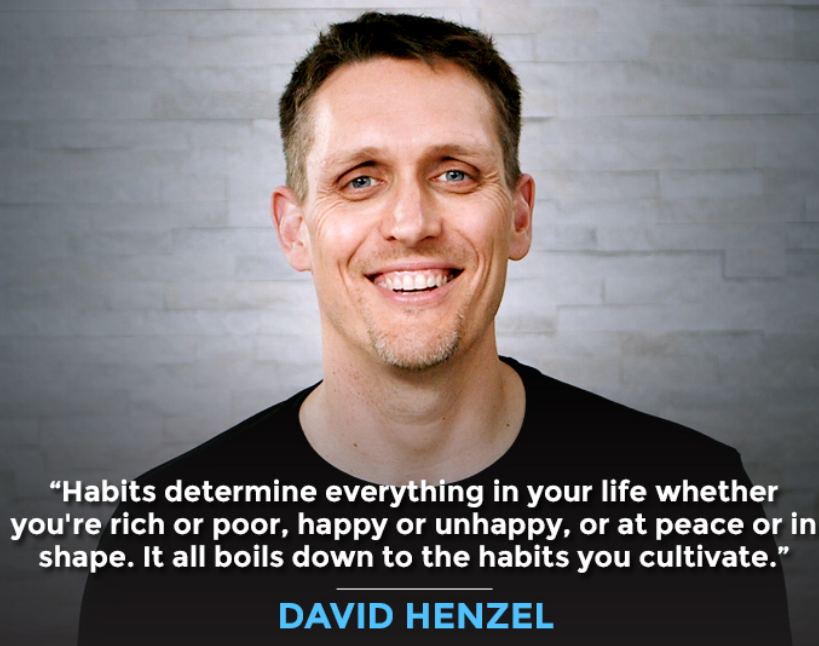
10 Point Checklist

David Henzel

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**



“Habits determine everything in your life whether you're rich or poor, happy or unhappy, or at peace or in shape. It all boils down to the habits you cultivate.”

DAVID HENZEL

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.**

- Be more mindful of my habits. This gives a clearer perspective of my inclinations and the things I prioritize the most. If something isn't working, there's always a better way.
- Utilize tools and methodologies that can help me track and monitor my progress. Check out the resources under David Henzel's episode for his recommendations.
- Maintain inbox 0 as much as I can. If my inbox gets extremely cluttered on the daily, hire someone who can help organize so I can only address the emails that are necessary.
- Focus on the positive. Sometimes when things don't go my way, I just need to remind myself that it's only a bad day, not a bad life.
- Value everyone's time more, including my own. Showing respect for other people's time is one of the highest forms of respect a person can give.
- "How you do one thing is how you do everything." Have more integrity and be more intentional in everything I do no matter how small the action.
- Invest in good relationships with the people I surround myself with. Whether it's for business or personal reasons, maintain nothing but pure, authentic relationships within my circle.
- Remain curious and intuitive. There's always something new to learn every day.
- Cultivate my interests and try out new things to discover more about myself. Find a new hobby or learn a new skill.
- Check out David Henzel's [Managing Happiness Mastermind Program](#) to learn about tools and methodologies for how to focus on things that matter.

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

<https://www.getyourselfoptimized.com/how-to-get-unstuck-with-david-henzel>