065: Keeping Yourself Safe in a Potentially Dangerous World

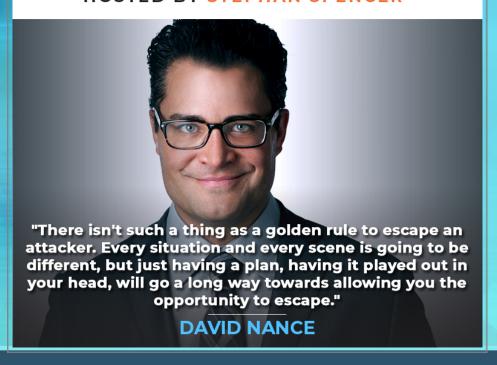
10 Point Checklist

David Nance

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.

Prepare an action plan for what you would do if you got attacked. Then visualize your plan in detail, to ingrain it in a way that will let you enact it automatically in an emergency situation.
Make yourself a hard target. Be present, fully aware, and engaged in what you're doing at all times, and practice projecting confidence as a deterrent to attackers.
When possible in public, keep a 12-foot distance between yourself and anyone you don't know. They will need to take two steps and then lunge to reach you, giving you time to react.
Every time you go out, practice staying in a "conditioned yellow" state, which is a relaxed alertness and awareness of your surroundings. If something seems wrong, take immediate action.
Figure out which defense tools (such as pepper spray and alarms) suit you best. Buy those and keep them with you at all permitted times in public.
Practice with your tools in advance. Know where they are, how to pull them out quickly, and how to operate them so it's second-nature in an emergency situation.
Memorize the parts of the body to go for in the event of a hand-to-hand attack so that you'll be prepared if the situation occurs. The groin is obvious, but others include the shins, nose, and neck.
Be a skeptic, and pay attention to your gut. If someone's behavior makes you feel suspicious or wary, listen to your instincts and put distance between yourself and that person.
Look into home security if you haven't already done so. A full home security system may be the safest, but you can start with small steps like security stickers in your windows or a dog bowl on the porch.
Get to know your neighbors. Even if you don't form an official neighborhood watch group, a sense of community will keep everyone safer, because you'll all watch out for each other.

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

https://www.getyourselfoptimized.com/keeping-safe-potentially-dangerous-world-david-nance/