

# 251: Revealing Your Unconscious Motivators and Triggers

## 10 Point Checklist

**Debra Levine**

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**



**“PRINT® enables us to anticipate behavior and/or remediate if something goes awry in a much better way.”**

**DEBRA LEVINE**

# 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.**

- Take personal assessments to understand myself and others better. With the type of information these tests can bring, I can gain a better understanding of my strengths and weaknesses.
- Be familiar with Deming's 14-point philosophy. It is widely used in business institutions that are focused on transformative thinking.
- Discover the skills, interests, or areas I am most driven to pursue. When focusing on what I'm interested in most, I become more motivated in doing what I can to achieve it.
- Highlight my best self. Nobody is perfect. Everyone has weaknesses and makes mistakes. What's important is to be aware of my strengths so that I can focus more on them rather than my flaws.
- Take note of the Platinum Rule. The golden rule is to treat others the way you want to be treated. On the other hand, the platinum rule is to treat others the way they want to be treated.
- Determine what my core needs and triggers are. This information will help me be more aware of my patterns so I can avoid having adverse or heated reactions for my triggers and provide myself the best tools to meet my needs.
- Be open to changing my habits to fulfill my transformation. Continuously improve my systems and processes through constant learning and upgrades.
- Aim for quality in every organization. Work as a team and have a collective goal to make things better for everyone involved.
- Understand how others work, as well. When I know how to communicate better with my peers, we can all achieve our goals faster.
- Check out [Paul Hertz Group's Print Assessment](#). Use the special code Stephan mentioned on the outro exclusively for Get Yourself Optimized listeners for a discount.

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

<https://www.getyourselfoptimized.com/revealing-your-unconscious-motivators-and-triggers-with-debra-levine>