

# 200: The 200th Episode! Life Hacks, Reflections, and Highlights

## 10 Point Checklist

Stephan Spencer

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**



**"It's all about growth and contribution. Learn, apply,  
and become the best person that you can be."**

**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.

- Be financially smart. Become more financially literate so that I can utilize money to its highest potential in my business and personal life.
- Sign up for masterminds that can help me improve several aspects of my life. Use this as an opportunity to build high-quality peer groups.
- Get into biohacking and invest in my health and wellness. Do my due diligence and utilize the discoveries of advanced medicine that can help my mind and body.
- Be mindful of my gadgets and their EMF exposure. Technology has made everything more convenient, but electronics emit electromagnetic fields that can be harmful to my health.
- Pay attention to my mental health. The WHO now considers burnout an official medical diagnosis. Spend time within the day to keep my mental health in check.
- Read books and listen to discussions or podcasts that challenge my principles and beliefs. The world is composed of many diverse viewpoints and what we see on the media isn't the only truth.
- Get in touch with spirituality on a deeper level. Nourishing my spiritual health and understanding divine beliefs can also help improve my mental, physical, and emotional well-being.
- Find ways to improve and strengthen my relationship with my loved ones and my significant other. At the end of the day, the best investment is in people who matter the most to me.
- Find ways to optimize my productivity so that I have clear step-by-step procedures on how I can achieve my goals in the shortest amount of time.
- Always have intention in everything I do. Doing so will enable me to be more present, more supportive, and more connected with others.

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

<http://getyourselfoptimized.com/the-200th-episode-life-hacks-reflections-and-highlights-with-orion-talmay>