

105: From Debilitating Helplessness to Life Mastery


10 Point Checklist

Jay Fiset

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**

A portrait of Jay Fiset, a middle-aged man with short dark hair, smiling. He is wearing a blue and white checkered shirt. The background is a blurred outdoor setting with green foliage.

"Action is important, but true distinction of if we are being accountable versus victimized, is how we feel in the action."

JAY FISET

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.**

- Understand that victimization is a thought, idea, or excuse that distances me from choice, participation and engagement in my life and that there are ways on how to overcome it.
- My happiness is not controlled by circumstances. I have the power to choose whether I will be happy or not.
- Learn about the 3 levels of victimization so that I can fully understand my own and other people's emotions. This way I can address the issues better with a goal of having the best outcome possible.
- The first level is the "external blame victim." Refrain myself from blaming factors like people, seasons, events, even the past as the culprits of my struggles.
- The second level is the "self blame victim." Stop blaming my incapacities and insecurities whenever I experience roadblocks in life.
- The third level is the "self righteous victim." Know the difference between saying I am not a victim but I am still in some kind of an emotional hook between being entirely free of it.
- Master the skill or reframing my thoughts and keeping an open mind by using the "3 point thinking." This means that in every circumstance, there are always three (or more) different perspectives.
- Find a mastermind group for ongoing support and to avoid falling back into old habits.
- Pick up a copy of [Think and Grow Rich](#) and read the chapter on the power of masterminds.
- Download [Reframe Your Blame](#) and go through the exercises to shift my consciousness and thinking.

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

<https://www.getyourselfoptimized.com/debilitating-helplessness-life-mastery-jay-fiset/>