

084: Achieving Mastery Through Productivity, Discipline, and Focus

10 Point Checklist

John Lee Dumas

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**



"The key to mastery is to wake up every single morning and to be a little bit better by the end of the day than you were that morning."

JOHN LEE DUMAS

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.**

- Write down tomorrow's morning routine before I go to bed every night. This will help me stay productive and motivated.
- Every day, commit to being a little better at something I've chosen to master by the time I go to bed than I was that morning.
- Every day, create a new affirmation for the day. Think about something I'm grateful for, and try to go beyond the obvious.
- Experiment with focus and refresh times until I find numbers that work for me. John's are 42 minutes of focus followed by 18 minutes of refreshing, but mine may differ.
- For at least the next 30 days, evaluate my daily success every night. Give myself numerical scores to help make the data more consistent.
- Try using [WorkFlowy](#) for my to-do lists. Using the right tool can make an incredible difference.
- Focus on using my podcasts not to build my brand, but rather to build relationships. Each guest is a potential networking contact to cultivate for the future.
- Find conferences within my industry, and read through the lists of speakers. Contact those people and invite them to be on my podcast.
- Do a Google search for "call for speakers" (in quotation marks) and the industry in which you're interested in speaking to look for opportunities.
- Reassess how often I should record my podcast. Remember that each episode is a new contact that I can leverage in the future.

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

<https://www.getyourselfoptimized.com/achieving-mastery-productivity-discipline-focus-john-lee-dumas/>