## 084: Achieving Mastery Through Productivity, Discipline, and Focus

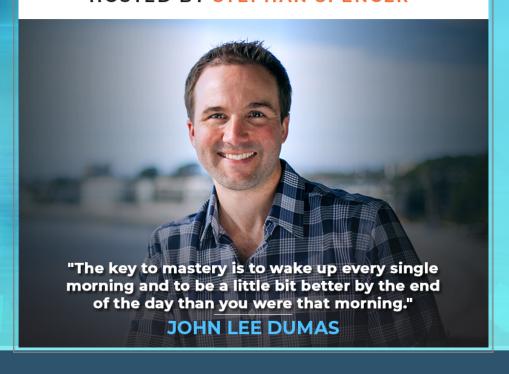
### 10 Point Checklist

## 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



## 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.
Тον	view the transcript, resource links and listen to the podcast, visit:
http	s://www.getyourselfoptimized.com/achieving-mastery-productivity-discipline-focus-

john-lee-dumas/