

193: Thinking and Growing Rich

10 Point Checklist

John Shin

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 John Shin, a man with short dark hair, wearing a dark pinstriped suit jacket, a white shirt, and a blue patterned tie. He is smiling slightly and looking towards the camera.

**"You can think and dream all you want,
but you have to act on your dreams."**

JOHN SHIN

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.**

- Foster the burning desire and hunger within myself because that fuels me to do other things and it's the starting point of all achievement.
- Support John's charity for kids and [child prosperity centers](#) which are in ten locations in six countries. Using my money in a good way like supporting charities and extending resources to people who are struggling is very fulfilling.
- Be mindful of my thoughts because the way I feel every day will influence the way I act, and the way I act will determine the results.
- Get the results I want by internalizing and applying the ACT formula which stands for appropriate action, consistency, and tenacity.
- Act on my dreams and don't let anybody else try to hijack them. Remind myself that I don't need anybody's approval or their validation.
- Know my purpose so I can make a difference in my life. That purpose is something that I would want to do for the rest of my life even if I didn't get paid.
- Read or revisit Napoleon Hill's book, [Think and Grow Rich](#), and learn something new every time.
- Participate in John's world tour which is a two-day event with speakers like Kevin Harrington, Mario Lopez, and Dr. Bill Dorfman, among others. Get tickets by going to www.TGRWorldTour.com.
- Get a hold of John's book, How Rich Asians Think and Grow Rich: A Napoleon Hill Foundation Publication by visiting TGRAsianChoice.com or ordering online at Amazon.com or at any of the tour events.
- Check out John's Instagram [@JohnShinOfficial](#) or visit his website, JohnCShin.com, for some free resources.

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

<https://www.getyourselfoptimized.com/thinking-and-growing-rich-with-john-shin/>