

159: Quantified Self: What Gets Measured Gets Managed


10 Point Checklist

Lisa Betts-LaCroix

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 Lisa Betts-LaCroix, a woman with dark hair, smiling and looking slightly to the right. She is wearing a black choker necklace. The background is blurred.

**"The information from tracking something
in a quantified way helps you make
conclusions about yourself."**

LISA BETTS-LACROIX

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 informed about different devices that track sleep, activity, and heart rate. Examples of such are Oura ring and Neuroon.
- Research more about supplements like fish oil, L-Tryptophan, 5-HTP and L-Theanine and find out how it improves sleep and anxiety levels.
- Get enough sleep. Sleep deprivation leads to serious health issues.
- Improve sleep quality with the help of apps like f.lux. It warms up the computer screen at night to help me relax and wind down before bed.
- Pay attention to my weight and use scales like the Nokia scale.
- Learn more about intermittent fasting. It's an eating pattern between eating and fasting windows. Track my progress with apps like Vora.
- Be open to non-conventional approaches like hypnosis in treating phobia and anxiety.
- Explore different kinds of learning like Quantified Self experimentation, independent learning or travel schooling.
- Discover what my strengths are. It's innate in me and what I just naturally do. Use an assessment like StrengthsFinder.
- Strive to consistently track my progress. One small step every day leads to better awareness of my mental and physical health.

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

<https://www.getyourselfoptimized.com/quantified-self-what-gets-measured-gets-managed-with-lisa-betts-lacroix/>