# 120: Get Inspired to Solve Impossible Problems

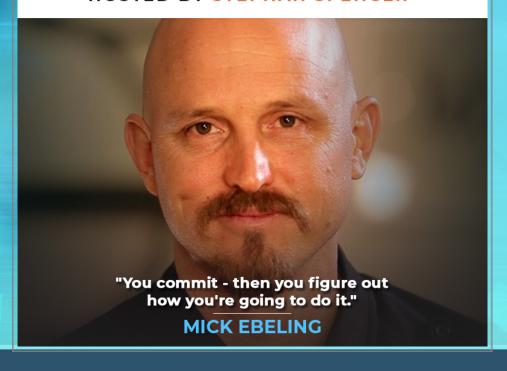
### 10 Point Checklist

## **Mick Ebeling**

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.

	Take initiative by helping those in need. Focus on improving others' lives through personal efforts.
	Don't be afraid to pursue philanthropy. I don't need to have a specific educational or financial status to give back.
	Do the best I can to help others by starting small by reaching out to a few people.
	Take advantage of technology for the sake of humanity by networking with people around the world who have the right skillset to finish projects.
	Volunteer and be a part of something bigger than myself by researching organizations who are in need of volunteers.
	Share my knowledge with others and teach a skill I have mastered or knowledge I have gained.
	Educate myself and be aware of what's happening around me. The more educated am, the more I will be motivated to give back.
	Remember the saying "If not now, then when? If not me, then who?" to remind myself that I have the responsibility and capability to change situations.
	Build connections with others. Find good friends along my journey and check in on them from time to time.
	Grab a copy of Mick Ebeling's book Not Impossible: The Art and Joy of Doing What Couldn't be Done and get inspired to change the world one human at a time.
То	view the transcript, resource links and listen to the podcast, visit:
<u>http</u>	os://www.getyourselfoptimized.com/get-inspired-solve-impossible-problems-mick- ebeling/