

# 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**



**"You commit - then you figure out how you're going to do it."**

**MICK EBELING**

# 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 I 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.

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

<https://www.getyourselfoptimized.com/get-inspired-solve-impossible-problems-mick-ebeling/>