

018: Optimizing Your Productivity to Do More of What You Love

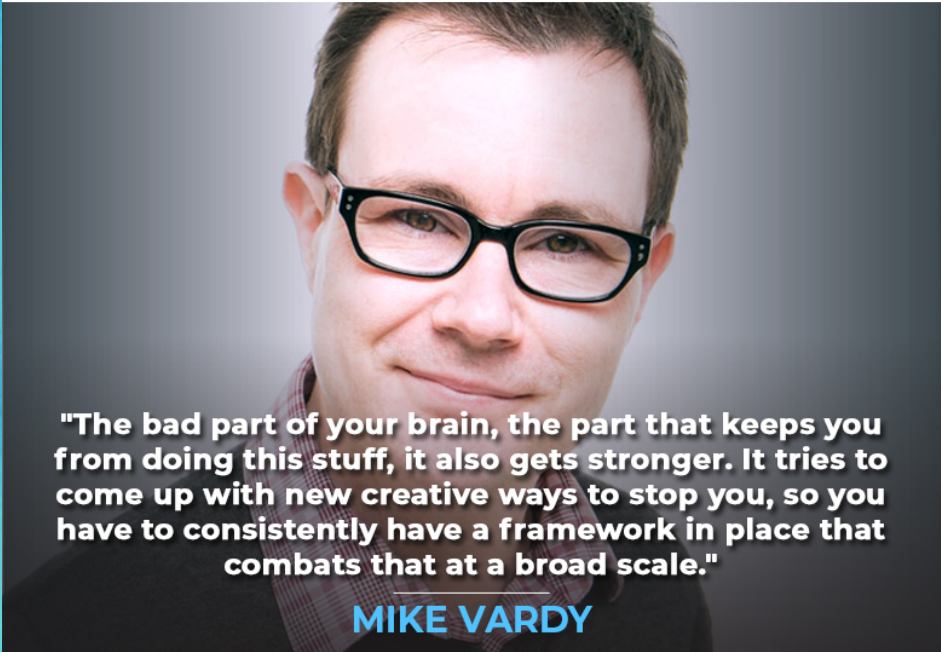
10 Point Checklist

Mike Vardy

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 Mike Vardy, a man with short brown hair and black-rimmed glasses, wearing a dark jacket over a plaid shirt. He is smiling slightly and looking directly at the camera.

"The bad part of your brain, the part that keeps you from doing this stuff, it also gets stronger. It tries to come up with new creative ways to stop you, so you have to consistently have a framework in place that combats that at a broad scale."

MIKE VARDY

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.**

- Don't be a slave to email – designate certain hours of the day, or even certain days a week, to handling your inbox.
- Create a filing system within your email so everything gets out of the inbox and into a system that separates it into messages that require actions, messages that are for reading/informational, and archives.
- Work with your body, and find the time of day when you are the most creative. If you are a night owl, don't force yourself to be a morning person.
- Analyze your TV watching habits. Is there TV time you can cut and put to better use?
- Try keeping a daily journal to look back at your progress and keep a log for yourself when you do a weekly review.
- .Really want to cut a bad habit? Try shocking yourself with the Pavlok. Extreme, but highly effective.
- Theme your days to give your mind both parameters and permission to thrive and get into the flow.
- Figure out three absolutes for your day so you live by your own agenda, not other people's.
- Get Mike's super generous offer of a free theming guide for Get Yourself Optimized listeners at productivityist.com/optimizedgeek.
- Check out Mike's coaching – I love it and think a lot of people have something to learn from it. All of his options are available at productivityist.com/coaching.

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

<https://www.getyourselfoptimized.com/optimizing-your-productivity-to-do-more-of-what-you-love-mike-vardy/>