

# 112: Retrain Your Brain in 7 Minutes

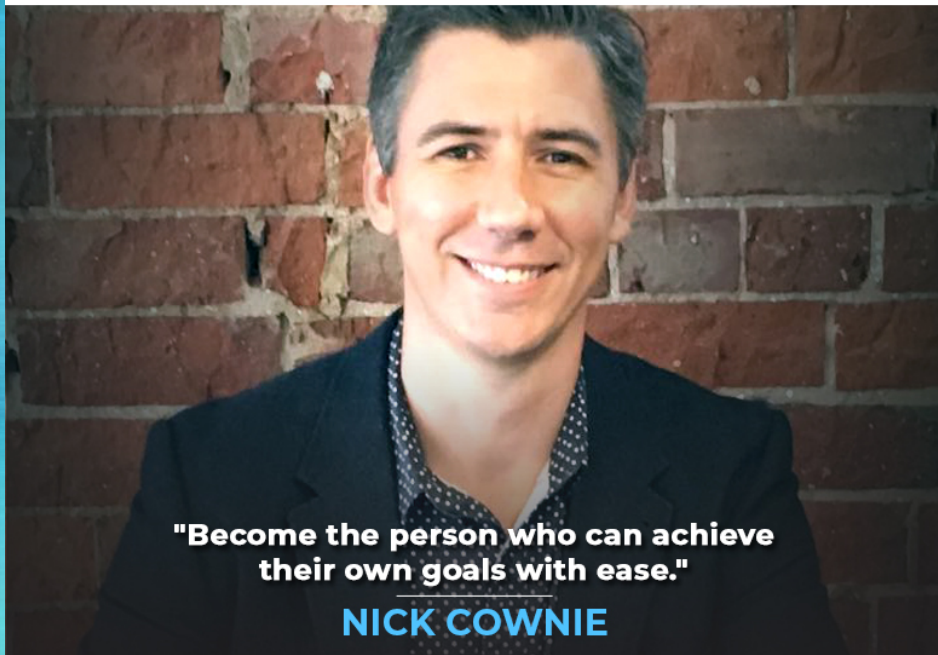
## 10 Point Checklist

**Nick Cownie**

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**



**"Become the person who can achieve their own goals with ease."**

**NICK COWNIE**

# 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.**

- Write down my goals in detail and refer back to my list to see how I've progressed and what I need to work on.
- Aim for something attainable that I can realistically accomplish based on my current set of skills, resources and timeframe.
- Separate my list into short-term and long-term goals. I can feel accomplished and tackle small goals while staying focused on the bigger picture.
- Clearly identify who I need to be in order to achieve my dream. If I want to lose weight, I must be someone who takes my health and fitness seriously without any excuses.
- Be decisive and avoid making changes to my goals as I pursue them. Stay focused on the finish line.
- Refrain from procrastinating and invest my energy in the right place. Avoid dwelling on something that is considered a roadblock or distraction.
- Try stress inoculation when I am anxious or afraid. This process forces me to face my fears.
- Don't be afraid to get out of my comfort zone and try something new. I should be flexible if I want to reach my goals.
- Break bad habits with a device called Pavlok. It is a wearable technology that is designed to help control bad behaviors like sleeping in, smoking, or nail biting.
- Eliminate fear, procrastination and failure by reading Nick Cownie's amazing book, 7 Minute Mindset. Grab a copy on Amazon [here](#).

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

<https://www.getyourselfoptimized.com/retrain-brain-7-minutes-nick-cownie/>