

117: Dismantling the Story That Runs Your Life

10 Point Checklist

Pamela Bruner

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**



"Something that serves us better also serves the world better. It is always a win-win."

PAMELA BRUNER

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 in the right mindset to run a business and be prepared for the many challenges I might encounter in the long run.
- Layout a detailed business model and set annual goals. Planning ahead can help me clearly project my income stream.
- Overcome the fear of feeling inferior. Make a list of all my strengths and focus on improving rather than letting myself down.
- Set boundaries between my personal life and work. I need to help myself before I can help others.
- Overcome the fear of rejection and feeling unloved by making myself useful and valuable to others.
- Master the art of tapping to help me deal with my fears, limiting beliefs and challenges.
- Keep improving and never stop learning new things. This will help me adapt to changes in my industry.
- Find a spiritual outlet that gives me the freedom to meditate, reflect and take a pause from the busy world I am living in.
- Don't fear failure. Treat it as something that is inevitable in the business world. Failing at something doesn't mean I am a failure, it's just an avenue for improvement.
- Download Pamela Bruner's [Beginners' Basic Guide to Tapping for Success](#) to learn more about tapping.

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

<https://www.getyourselfoptimized.com/dismantling-story-runs-life-pamela-bruner/>