

# 221: Breaking Free from Unhealthy Patterns


## 10 Point Checklist

Robyn Firtel

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**



"Most of our belief systems that are ingrained in our unconscious are right from our childhood."

**ROBYN FIRTEL**

# 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 responsibility for my own healing. There are methods that I can use to deal with trauma and reprogram my brain to produce a positive outcome.
- Provide a good childhood for my children. Help them to become good and capable human beings in the future.
- Research chair work and try it out if it seems like it could help me resolve my issues.
- Be careful of codependency. According to Robyn, codependency in caretaking is where one person needs their ego boosted or to have power over their partner.
- Don't be a martyr or a doormat. Don't let others make me feel inferior by their words and actions. Let this be an open discussion where I can express my feelings genuinely.
- Be patient. Don't keep pushing myself when I'm not ready. Healing is a long and continuous journey. It will not be achieved in one day.
- Set boundaries. Sometimes, when I say no to others, I say yes to myself.
- Stop the blame game. Eventually, there will be no one left to blame, not even myself. All my energy should focus on my healing.
- Beware of excessive self-empowerment. Always be accountable for my actions and refrain from feeling entitled.
- Check out [Robyn Firtel's website](#) for more information about her mission and her workshops.

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

<https://www.getyourselfoptimized.com/breaking-free-from-unhealthy-patterns-with-robyn-firtel>