

229: Become Infinite

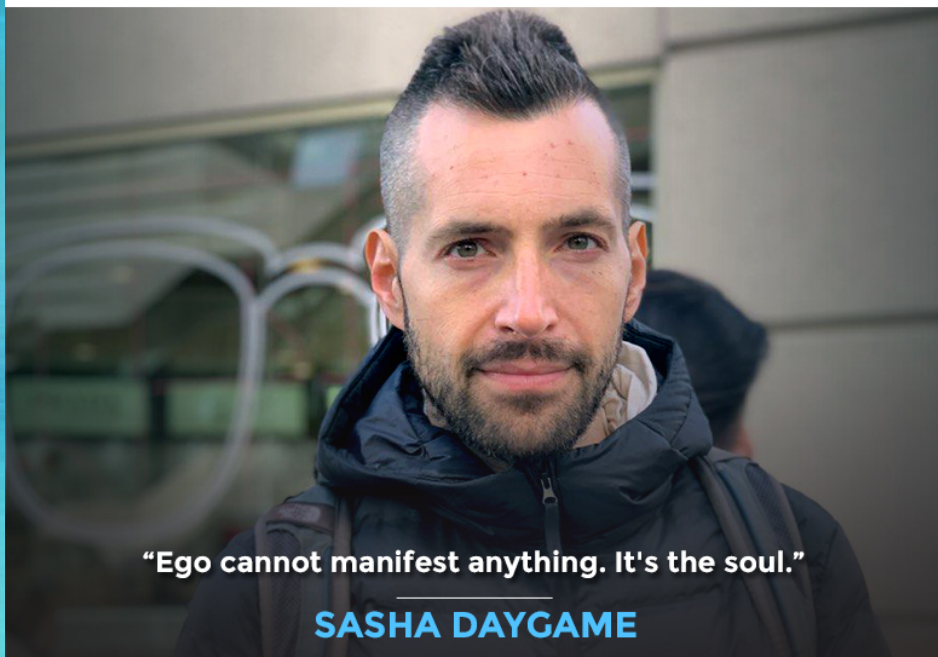
10 Point Checklist

Sasha Daygame

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**



“Ego cannot manifest anything. It’s the soul.”

SASHA DAYGAME

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.

- Develop a deep connection with my inner self. When I am deeply connected, I am better guided in taking actions that my future self will benefit from.
- Utilize humor when establishing connections with others. Lighthearted talks usually build rapport.
- Be intentional with my conversations and keep my word. Authenticity should also reflect in my actions.
- Be transparent and don't lead people to false expectations. One good way to maintain great relationships is maintaining mutual trust.
- Work on myself internally first before my external self follows through. Self-development only happens when the mindset has shifted to a positive place.
- Take care of myself physically as well. Prioritize my nutrition and physical fitness so that I become more amiable.
- Take chances and get over my fear of rejection. Sometimes it only takes a few seconds of courage to change my current situation.
- Practice makes perfect. Improve my communication skills by taking courses, listening to podcasts, or reading self-help books.
- Ignore my critical inner voice and pay more attention to encouragement. Every goal is worth all the hardships. I simply have to be willing to do what it takes.
- Check out [Sasha Daygame's Infinite Man](#) workshops to learn more about how to become my best self and stop being socially awkward.

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

<https://www.getyourselfoptimized.com/become-infinite-with-sasha-daygame>