

# 059: Build a Life Full of Personal Freedom and Wealth


## 10 Point Checklist

### Shanda Sumpter

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**



**"Freedom, for me, is truly spending time intimately with people but also making a huge difference in the world and making more than enough money than you could possibly spend."**

**SHANDA SUMPTER**

# 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 the time to think about what a freedom lifestyle would look like for you. What would you do if you took 1 week out of the month off, or only worked 3 days a week?
- Look closely at the times during the year that you are most productive (i.e. before or after vacations, doing certain types of projects, etc.). Use that information to establish flex time that leaves you more refreshed.
- When you take time off, are you really off? Do you sneak in calls, emails, or research? Commit to being completely off the grid in order to get the most benefit from your time away.
- Taking “flex” time is very important for recovery and productivity. Make it a priority to disconnect often from your regular schedule.
- Identify tasks you can block together that will enable you to be more focused and increase your productivity.
- Make a schedule and stick to it. You can always adjust it when you need to, but committing to your schedule will help you accomplish projects more quickly and efficiently.
- What should be on your do-not do list? This list is just as important as your to do list. Figure out the tasks that can be delegated, and stop doing them!
- Understanding your profit margins and your P & L reports is important for you to see how you can grow your business. If you don't have time or don't know how to review your financial performance, hire someone to coach you on it.
- Check in with yourself to make sure that your business is making you happy. If you are finding yourself burnt out and addicted to working, you are probably not working in a space that fulfills you.
- Go find out more about Shanda Sumpter at [www.heartcorebusiness.com/about/](http://www.heartcorebusiness.com/about/) and attend The Zone Event, [www.thezoneevent.com/](http://www.thezoneevent.com/).

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

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