

054: Harnessing Creativity in the Workplace

10 Point Checklist

Steve Hill

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**



"We experience the stories, and some of the vulnerability came out. What happens is, there's a big shift in that audience from within the business."

STEVE HILL

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.**

- Use creativity and storytelling to work through struggles or times where you are stressed out. It can boost your happiness, and allow you to think outside the box to work on issues.
- People can spend a lot of time “outside” of themselves-helping or doing things for other people, being influenced by others, etc. Take the time to learn your inner self to find deep answers within you.
- Email [Steve](#) with questions, or ideas. He’s open to talking to everyone and is looking forward to hearing what ideas you have!
- Become more self-aware by evaluating your experiences. When something happens, reflect on it and decode the experience so that you can learn and move forward in a positive way.
- Don’t run from your problems. Instead, take time to focus on them. Spend time meditating or journaling so that you can become aware of issues, and work through them.
- If you want to have a thriving organization or business, you have to make time to focus on employee happiness. Enjoy your workplace and help the others around you to do so as well.
- Fail and learn from those mistakes. When you try new ideas, you can in turn become more creative, and see other opportunities to grow, even if the original idea didn’t work out as planned.
- Stay open to different ways of thinking. When you begin to work differently, you can create more self-managing teams.
- Bring humanity back into the workplace. When you speak to the people that you work with as humans, and share your passions, struggles, and successes, you will become closer and your business can become stronger.
- Most people have three big fears: the unknown, judgment, and failure. Allow yourself to let go of what’s holding you back, and face those fears head on so that you can move past them.

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

<https://www.getyourselfoptimized.com/harnessing-creativity-workplace-steve-hill/>