

# 280: From Postpartum Depression to a Perfume Pivot

## 10 Point Checklist

### Tamar Weinberg

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 don't take advantage of all our five senses. If I asked you what you ate or listened to yesterday, you would be able to answer them pretty quickly. But how about asking what you smelled yesterday? You might look at me like I have three heads.”**

**TAMAR WEINBERG**

# 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 open-minded enough to pivot my business in times of dire need. Many entrepreneurs find themselves set in their goals initially, Later, they may see their business calls for a change in strategies. This is normal and sometimes highly beneficial.
- Let my challenges and struggles become fuel for my desire to achieve a better quality of life. Sometimes hurdles exist to prepare us for what we're truly destined for.
- Understand that failures are part of the equation and my rock bottom has the potential to become my most significant make or break moment.
- Optimize my sense of smell. A highly-evolved nose can bring forth brain-changing effects that boost memory, focus, and positive emotions.
- Continuously adopt healthy ways of living. Let health become my number one priority in life. When I take care of myself, I take care of my loved ones better.
- Strive for the happiest version of myself. When someone is happy, they become healthier and more mindful of the good in others.
- Pursue the project I always wanted to start working on. Create a plan and find ways to fund it. An excellent option would be to utilize crowdfunding sites and see how the public reacts to my product.
- Establish a self-care ritual. Whether it's taking long warm baths at the end of the week, getting a nice massage at least once a month, or being kinder to myself in my inner dialogue. Caring for myself regularly can improve my self-esteem.
- Make it happen and keep making it happen. Consistency is vital in achieving my dreams. There's no such thing as an overnight success. Every goal is achieved by incorporating tiny habits into my daily routine.
- Check out [Tamar.com](https://www.getyourselfoptimized.com) to catch a glimpse and try out Tamar Weinberg's fantastic new scents and labor love.

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

<https://www.getyourselfoptimized.com/from-postpartum-depression-to-a-perfume-pivot-with-tamar-weinberg/>