Living Life By Your Own Values
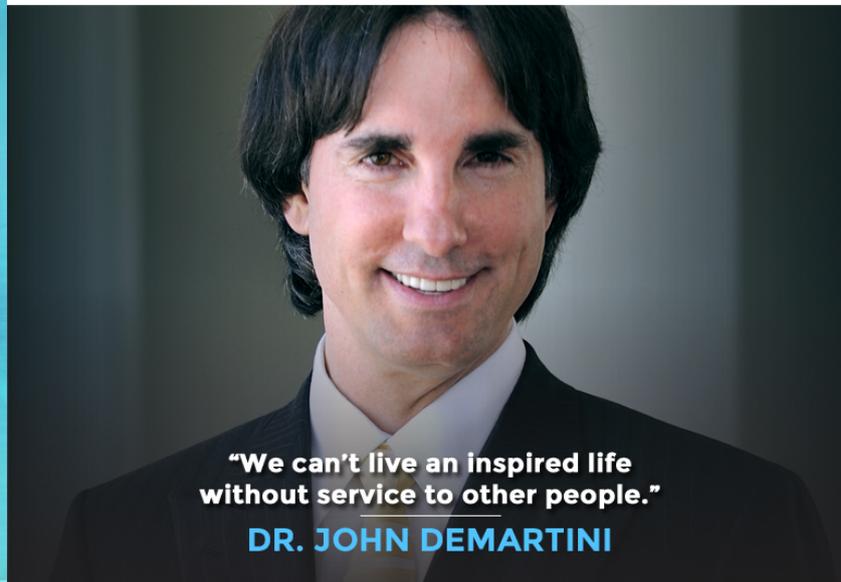
10 Point Checklist

Dr. John Demartini

Want to gain as much knowledge as possible out of The Optimized Geek? 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.

The OPTIMIZED GEEK

HOSTED BY STEPHAN SPENCER

"We can't live an inspired life without service to other people."

DR. JOHN DEMARTINI

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.

☐ Figure out what your true values are with Dr. John Demartini's values determination process, which is free on his site.

☐ Now that you know what your values are, focus on applying these to your own life. Prioritize your life based on what's truly valuable to you.

☐ If you're a parent, figure out what your child's innate values are. Communicate with your child based on those values to help him or her be more receptive.

☐ Write down everything you do in a typical day. Next to each item, write down how much money it earns, then rank how meaningful it is to you on a scale of 1-10.

☐ On this list, write down what it would cost to replace less-meaningful jobs, and how much time is spent on them. This will give you insight into how to restructure your life.

☐ Hire people to do the lower-priority things on your list for which the cost to time ratio justifies it. If you're in a position to do so, this means outsourcing all of your low-priority tasks.

☐ Add more reading into your regular routine by setting a goal that's realistic for you (whether that's a book a day or a book a week).

☐ Every night, document the things you're grateful for. Review them the next morning until you feel inspired.

☐ Every morning, write down a list of the highest-priority actions you can take that day to fulfill your larger goals.

☐ Minimize multitasking as much as possible, instead focusing as much as you can on your highest priority. Remember to delegate as much as possible to help with this.