

# 180: How to Go from Victim to Invincible

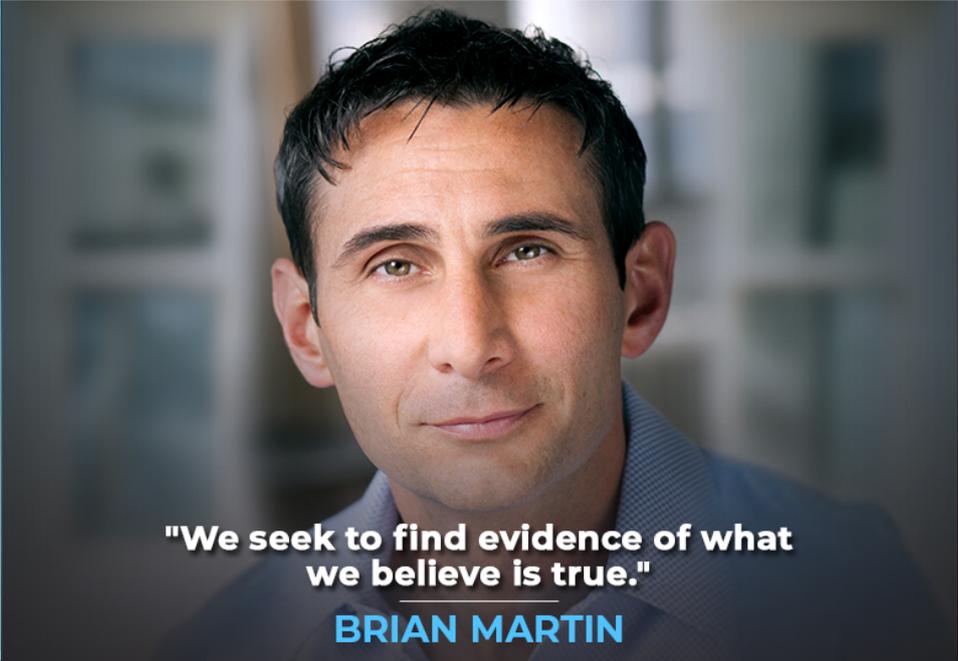
## 10 Point Checklist

### Brian Martin

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 seek to find evidence of what we believe is true."

**BRIAN MARTIN**

# 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.**

- Know the difference between domestic violence and childhood domestic violence. Childhood domestic violence is what happens when you grow up living in a home with domestic violence.
- Trace and name the kind of adversity that I or someone I care about experienced in a childhood home. Brian says that naming it is the first step because then you'll be able to ask better questions about yourself.
- Have a deep awareness of the impact of adverse childhood experiences through Adverse Childhood Experiences score. According to the study, a high ACE score relates to high potential adversities you might face in life.
- Learn the skill of building resilience. Every day, I have the choice to train my mind and body to help overcome the childhood traumas that I may have experienced.
- Create a healthy and safe environment for children. Nourish them with care, love and support.
- Let go of the limiting beliefs that were formed from my childhood. Seek to find evidence of the truth.
- Do not be afraid to share my story. Have the courage to start a meaningful conversation with people who might be suffering from CDV.
- Reach out to trained professionals and organizations like [CDV.org](https://www.cdviolence.org/), where I can find tools and programs that will help me or the people I care about with CDV.
- Grab a copy of Tom's book *Invincible* and gain a deeper understanding of the lies and truth about domestic violence.
- Take action and get involved by visiting Tom's nonprofit Childhood Domestic Violence Association.

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

<https://www.getyourselfoptimized.com/how-to-go-from-victim-to-invincible-with-brian-f-martin/>