

# 188: Becoming Your Own Bank

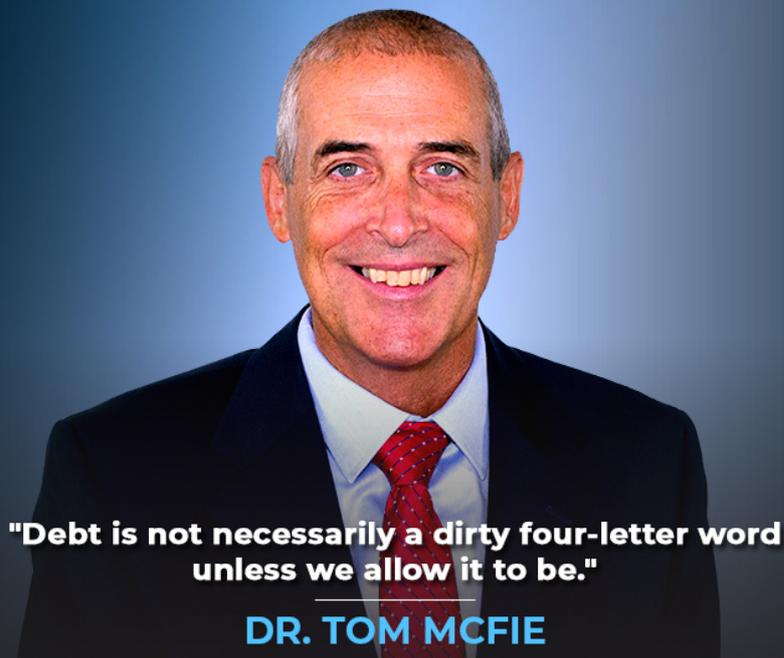
## 10 Point Checklist

### Dr. Tom McFie

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**



**"Debt is not necessarily a dirty four-letter word unless we allow it to be."**

**DR. TOM MCFIE**

# 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.**

- Strengthen my relationships. The memories and interaction that I build with others is my true wealth.
- Learn how to control how my money flows so that I can create more wealth in my life.
- Put my money into motion and make it work. Money that is set aside stagnates and doesn't work for me.
- Use debt to build assets in my life and don't let it control me. Debt is not bad unless I allow it to be.
- Pay the outstanding balance on my credit card regularly. When the credit card company sees that I am responsible enough to do that, they tend to raise the credit limit faster.
- Learn how to free up and manage my cashflow so that I can provide myself a sustainable living no matter how long I live.
- Insure the key people in my business and my business partners. In doing that, I have to follow the rules and make sure that I am not violating anything that IRS laid down.
- Never borrow money from a policy unless I can make money on what I'm going to be using that principle on and pay the interest.
- Call Life Benefits at 702-660-7000 for a strategy session or visit their website at [Life-Benefits.com](https://www.lifebenefits.com) to educate myself more about life insurance, debt management, and retirement planning.
- Grab a copy of Tom's books Prescription for Wealth, Winning Your Financial Game and Retirement Curveball and be informed about financial health and how I can invest in life insurance.

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

<https://www.getyourselfoptimized.com/becoming-your-own-bank-with-dr-tom-mcfie/>