

190: Every Millionaire's Essential Habits

10 Point Checklist

Jaime Masters

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**



"Entrepreneurs are the spotters of all of the regular hunter and gatherers."

JAIME MASTERS

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.

- Have an open mind about learning disabilities such as ADD and dyslexia, realizing that from a different perspective, they are an asset, as a lot of millionaires have them.
- Learn more about the nootropics like Alpha BRAIN, Qualia, and Genius Consciousness. Taking them helps my cognitive function, but I have to exercise caution and test them first.
- Optimize my sleep and my brain health so that I can make better decisions and be a better business owner overall.
- Open up to new ways of doing business such as hiring virtual assistants and installing systems and tools to take on admin stuff. They make my work easier and lighter.
- Know what's going on in the YouTube space with the younger market so I can infer what's going to be in five or ten years from now.
- Research on the Human Nucleus Program, which is a series of tests that look at the structure of my heart and brain, scanning for different forms of cancer.
- Get involved with Human Longevity, Inc. and other health maintenance organizations so that I can be pro-active in catching diseases earlier.
- Check out neurofeedback facilities and programs like Biocybernaut and Dave Asprey's 40 Years of Zen. Signing up for these programs will be a game-changer for me in terms of biohacking and activating my peak performance.
- Check out Jaime's podcast, Eventual Millionaire Podcast, where she tries to find out the self-made millionaires' work habits and the real secrets to their success.
- Access Jaime's module on time audits and creating a master schedule to optimize yourself by going to [EventualMillionaire.com/GYO](https://www.EventualMillionaire.com/GYO), and sign up for her program on systematizing businesses by visiting [OwnerBox.com](https://www.OwnerBox.com).

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

<https://www.getyourselfoptimized.com/every-millionaires-essential-habits-with-jaime-masters/>