

# 197: Freedom through a Systems Mindset

## 10 Point Checklist

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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**



**“Change your reality by  
changing your mechanics.”**

**JOSH FONGER**

# 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 flexible enough to change my mindset whenever new systems and processes can help my business scale.
- Identify the repeatable business processes and delegate them to my employees so that I can focus more on progress and innovation.
- Train my employees to have my same mindset so that they can find value and inspiration in their work too.
- Create a list of strategic objectives that outline how I want the business to run. It can be as simple as writing down goals off the top of my head that I can later expound once they're set.
- Document the procedures through checklists, guidelines, and flowcharts so that everyone on my team is in sync with how specific tasks are implemented.
- Be more action-oriented and worry less about the what-ifs. It's better to start moving forward and just make some tweaks along the way than to think about strategies that aren't implemented yet.
- Continue learning about new procedures that can optimize my business procedures. Be able to determine bottlenecks and find ways to deal with them whenever the same challenges arise.
- Research tools that can help me and my employees stay organized. Examples are Dropbox, Process Street, and Way We Do.
- Welcome feedback from everyone, including non-managerial positions. Sometimes employees in the low-level departments can input ideas that can greatly help the company.
- Grab a copy of Sam Carpenter's book, [Work the System](#), and check out [www.workthesystem.com](http://www.workthesystem.com) for some of the best tips and strategies about the methodology.

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

<https://www.getyourselfoptimized.com/freedom-through-a-systems-mindset-with-josh-fonger/>