

195: Achieve Big Productivity Gains from the 1% Rule

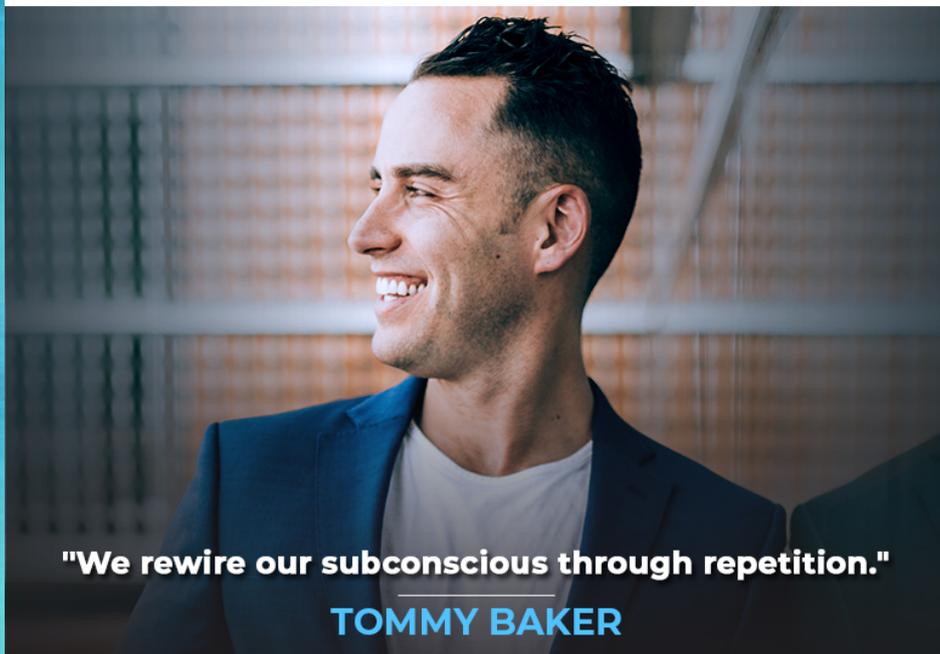
10 Point Checklist

Tommy Baker

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 rewire our subconscious through repetition."

TOMMY BAKER

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.

- Learn about Tommy's 1% Rule on developing a routine and how I can apply this method in my own life.
- Take risks because my time on earth is limited. As the saying goes, we're not going to look back at the shots that we took but at the ones that we didn't take.
- Carve my own path so I don't wake on day finding myself in a career and in a life that I don't want to be in.
- Get a coach, someone who can help point out what I need to do in different areas of my life so I don't get overwhelmed.
- Be hyper-present when I'm in a conversation so I don't miss out on things and can go places I never imagined.
- Reread or relisten to the same material that resonates with me. Repetition rewires my subconscious and lets me discover new things I didn't catch previously.
- Act on a clarity right away. It's powerful, but if I don't act on that clarity immediately, it starts to fade with time and I'll miss out on what could happen.
- Build a foundation of health and vitality in my mind, body, and spirit by doubling or tripling down on the basics of health and detoxifying.
- Read Tommy's book, [The Leap of Your Life](#), so I can learn how I can give myself permission to take a chance and step into the boldest version of myself.
- Check out Tommy's podcast, the [Elite Man](#), and his coaching business, the [Resist Average Academy](#), to see how he can help me realize my dreams.

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

<https://www.getyourselfoptimized.com/achieve-big-productivity-gains-from-the-1-rule-with-tommy-baker/>