

210: Easy-to-Form Habits That Will Transform Your Life

10 Point Checklist

BJ Fogg

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**



"A lot of powerful things can be applied for good or bad. My vision is to help people see how to use things in a good way, and help them stay ahead."

BJ FOGG

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.

- Understand the true power of influence to make the community better. Societies are shaped by great leaders who look after the future's wellbeing.
- Utilize social media for goodwill. Social media apps may have some negative rep, but at the end of the day, it is only a tool, and it's up to me how I use it.
- Inspire others to do good things in the world with the new capabilities and resources we have today.
- Think systematically about how human behavior works. Look at it from a scientific standpoint so that I can come up with methods that can help me overcome my bad habits.
- Maintain an optimistic outlook in life. Always aim for the best. And try to look on the brighter side of things even when the situation is tough.
- Help people do what they really want to do. One of life's greatest joys is to be of service to others.
- Help people feel successful. This will help me build a lasting engagement with others.
- Stay open to the possibilities or scientific methods that society can't yet measure or fathom. Keeping an open mind will lead me to further discoveries and a deeper understanding of humanity.
- Celebrate my little wins in life. Let these positive emotions encourage me to continue doing what I'm doing.
- Check out BJ Fogg's program, [Tiny Habits](#), and learn how to change my behavior long-term.

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

<https://www.getyourselfoptimized.com/easy-to-form-habits-that-will-transform-your-life-with-bj-fogg>