

# 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>