

214: The Antidote to Burnout

10 Point Checklist

Alex Pang

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**

**“Rest plays an important but hidden role in
the lives of highly creative and prolific people.”**

ALEX PANG

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.

- I will create a detailed daily schedule on a calendar and make sure that I allocate time for rest.
- Take weekends off, and schedule vacations or sabbaticals on a regular basis. Use this time to recharge and reconnect with myself and loved ones.
- Invest in myself more and focus on improving my skills, mindset, and health.
- Evaluate my present situation and determine whether the sacrifices I'm making today will still matter in the long run.
- Set aside times where you have nothing to do. Plan a day where I don't have an actual schedule to follow, and I can do anything on the spur of the moment.
- Establish a time for deep work. Find out which periods of the day I work most productively and block out a large enough chunk of time so that you can get into a flow state.
- Take a 20-minute nap instead of drinking coffee. It's a more effective way to get that energy boost minus the jittery feeling.
- Streamline a routine that will best fit my personality. I don't have to follow certain productivity techniques down to a T. What matters most is that I am comfortable when doing them.
- Be able to adapt to changes and uncontrollable circumstances gracefully. It is inevitable and the faster I move on, the faster I'll reach my goal.
- Grab a copy of Alex Pang's book, [Rest: Why You Get More Done When You Work Less](#).

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

<https://www.getyourselfoptimized.com/the-antidote-to-burnout-with-alex-pang>