

# 211: Disruption: Your Key to Success

## 10 Point Checklist

Jay Samit

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**

**“Solve a problem for five people, you're popular. Solve for a million, you're rich. Solve for a billion, you change the world.”**

**JAY SAMIT**

# 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.

- Let change manifest from within myself before I seek change from the outer world.
- Build perseverance. Failure is a part of my journey to success, so it doesn't matter how many times I fail, what matters is how many times I try.
- Develop a sharp business insight by having a deep understanding of the people in my community, the world, and the resources that I have access to.
- Write down three problems a day for one month. This will allow me to become more aware of patterns in my challenges so I can more creatively tackle them.
- Refrain from comparing my work to others. I chose my own life path and will build myself up in the best way I know.
- Go out and speak to the public. Share what I've learned so that others can apply it to their lives.
- Always look on the brighter side of things. Optimism should be included in every business strategy because positive thoughts often lead to positive outcomes.
- Be adaptable to changes. There is nothing permanent in this world, therefore, I should be prepared with whatever comes my way.
- Take advantage of the digital age. There are so many resources the internet can bring and one of these is human resources. Take a look into outsourcing and hire freelancers who can get the job done without added overhead costs.
- Grab a copy of Jay Samit's book, [Disrupt You!](#), and start building my own empire today.

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

<https://www.getyourselfoptimized.com/disruption-your-key-to-success-with-jay-samit>