

# 219: The Era of Information Overload

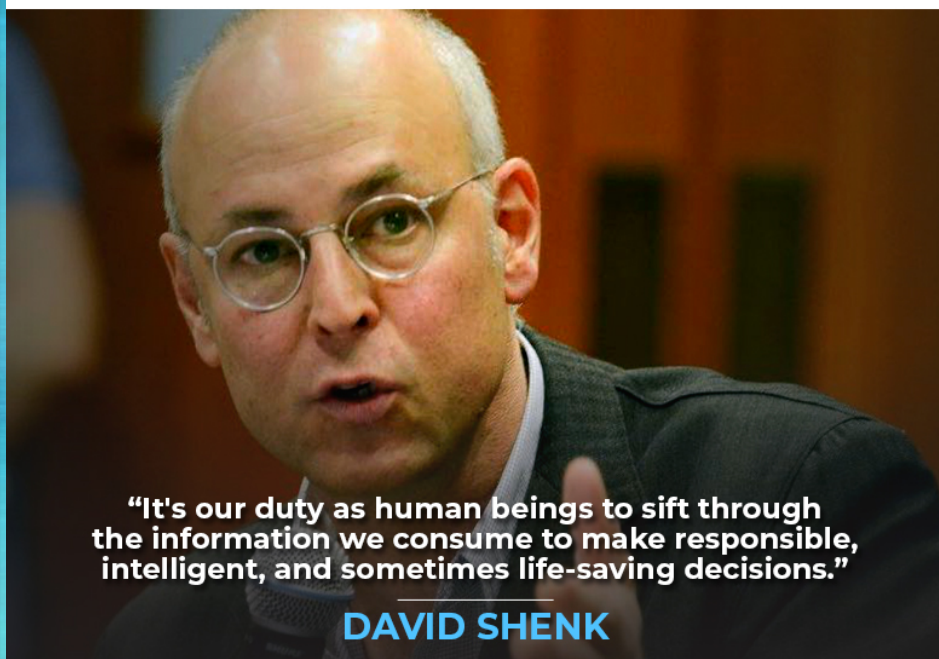
## 10 Point Checklist

David Shenk

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**



**"It's our duty as human beings to sift through the information we consume to make responsible, intelligent, and sometimes life-saving decisions."**

**DAVID SHENK**

# 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.

- Focus on the drawbacks and challenges of information overload and find ways to deal with it. One way to eliminate distractions is by decreasing the hours of my phone usage.
- Don't believe what the media is saying right away. Always verify with trusted sources and read, read, read before developing a final opinion.
- Find out which channels are delivering accurate information. A lot of media outlets, especially online, are releasing fake news just to generate hype.
- Be open-minded about diversity. We all have different ideas, principles, cultures, and backgrounds.
- Avoid heated arguments that aren't productive. Instead, engage in an open and honest conversation with those who have different beliefs.
- Develop critical thinking skills. Learn to differentiate opinions from facts and discern what is best for different parties.
- Control my thoughts before they control me. Prioritize my mental health and don't let myself reach the point of burnout.
- Go offline or off-grid more often. It's nice to take a break from day-to-day stresses and social media.
- Accept that humans are deeply flawed by design, and that's okay. We are broken beings, but what matters most is that we persevere in making the future better for the next generation.
- Check out David Shenk's books, [The Genius in All of Us](#), [Data Smog](#), [The End of Patience](#), and [more](#).

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

<https://www.getyourselfoptimized.com/the-era-of-information-overload-with-david-shenk>