

221: Breaking Free from Unhealthy Patterns

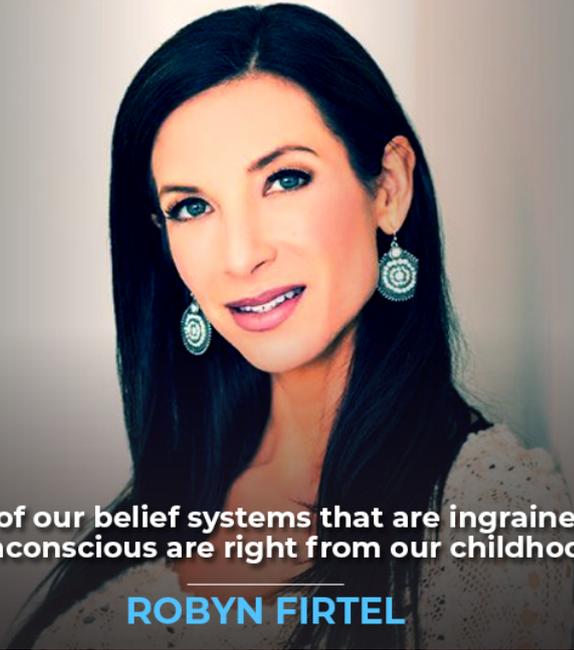
10 Point Checklist

Robyn Firtel

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**



"Most of our belief systems that are ingrained in our unconscious are right from our childhood."

ROBYN FIRTEL

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.

- Take responsibility for my own healing. There are methods that I can use to deal with trauma and reprogram my brain to produce a positive outcome.
- Provide a good childhood for my children. Help them to become good and capable human beings in the future.
- Research chair work and try it out if it seems like it could help me resolve my issues.
- Be careful of codependency. According to Robyn, codependency in caretaking is where one person needs their ego boosted or to have power over their partner.
- Don't be a martyr or a doormat. Don't let others make me feel inferior by their words and actions. Let this be an open discussion where I can express my feelings genuinely.
- Be patient. Don't keep pushing myself when I'm not ready. Healing is a long and continuous journey. It will not be achieved in one day.
- Set boundaries. Sometimes, when I say no to others, I say yes to myself.
- Stop the blame game. Eventually, there will be no one left to blame, not even myself. All my energy should focus on my healing.
- Beware of excessive self-empowerment. Always be accountable for my actions and refrain from feeling entitled.
- Check out [Robyn Firtel's website](#) for more information about her mission and her workshops.

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

<https://www.getyourselfoptimized.com/breaking-free-from-unhealthy-patterns-with-robyn-firtel>