

228: Bring Your A-Game

10 Point Checklist

Elliot Roe

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**

"In every important life decision you make, always ask if you're doing your future self a favor."

ELLIOT ROE

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.

- Commit to self-development. Becoming a better person involves constant hard work and determination.
- Find a mentor who can help me deal with my blind spots. It's an advantage to have someone coach me as I make important life decisions.
- Find ways to train and improve my mindset. Read books and take courses that will help me dive deep into human psychology.
- Try out hypnotherapy to process through my negative emotions in certain situations. Hypnotherapy can help manage phobias such as flying, heights, etc., or bad habits such as smoking or drug addiction.
- Avoid self-sabotage especially during times of pressure. Delimiting beliefs will only act as a hindrance to reaching my highest potential.
- Focus on the long-term. Always reflect and ask if my future self would benefit from the decisions I make today.
- Don't let my judgment be clouded with emotions during tough times. Stay level-headed and rational as I decide on my next steps.
- Reframe my perception of my childhood trauma. Sometimes changing how I originally presumed past events can change my mindset and help me move on.
- Consider going into therapy for incidents that are extremely difficult to face alone and are obstructing my life.
- Check out [Elliot Roe's website](#) for more information on how to lead a high-performing life.

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

<https://www.getyourselfoptimized.com/bring-your-a-game-with-elliott-roe>