

# 237: Self-Mastery, Unlocked

## 10 Point Checklist

Don Miguel Ruiz Jr.

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**



**“When you love and respect yourself, there is no way that you will ever allow anyone else to disrespect or dishonor you.”**

**DON MIGUEL RUIZ JR.**

# 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.

- Dare to become a dreamer who thinks differently in a society that dictates what everyone's perception should be. The future is going to be about diversity and open communication.
- Balance my spiritual and logical thoughts. It's good to interlace these two proximities for a deeper, more dynamic perception in life.
- "Learn how to unlearn." It's easier to acquire new knowledge than to accept that what I have previously learned should be disregarded, because the new knowledge can help me progress.
- Put all lessons into practice. It's not enough to just read or hear what I've been taught. The only way to move forward is to implement what I've learned.
- Let life become my teacher. Whether it's a good or bad memory, treat each experience or person as a gift and a learning opportunity.
- Keep moving forward. If there is one thing that is constant in life, it's that it moves on.
- Stop pretending to be something I am not for the sake of someone else's point of view, judgments, or prejudice, including my own.
- Be okay with uncertainty. Stop worrying about the past and the future and focus more on the present. However, don't just live in the present. Instead, treat everything in the past as gifts, and have hope for the future.
- Cleanse my system regularly. Whether it's my thoughts through meditation and reflection or my body through detox, resetting my system is good for me.
- Visit [Don Miguel Ruiz Jr.'s website](https://www.getyourselfoptimized.com/don-miguel-ruiz-jr/) for more information about his books that can help me master my own self.

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

<https://www.getyourselfoptimized.com/self-mastery-unlocked-with-don-miguel-ruiz-jr>