

# 233: On the Path of Self-Discovery

## 10 Point Checklist

Jeff Goins

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 natural to not be as good at work as you'd like yourself to be in the beginning. It only means you have excellent taste in your goals, and your talent hasn't caught up yet."**

**JEFF GOINS**

# 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.

- Figure out my life's mission. What would I like to keep doing for the rest of my life? What works for me? What would I like to share with others?
- Overcome the dreaded [Impostor Syndrome](#). Fully accept that I deserve the fruits of my labor. I am a constant work in progress, no one is perfect, and there's always room for growth.
- Be prepared to suck at something new in the beginning. No one is born an expert. Respect the countless hours of hard work and dedication it takes to become an authority in my craft.
- "Always be creating." Keep doing what I love and producing what I believe in. It can be a book, a solution, artwork, etc.
- Assess my strengths. Focus more on my strengths rather than my weaknesses. I can reprioritize and delegate to accomplish my goals.
- Stop comparing myself to others. Everyone has their own struggles and challenges, and not everything on the surface is what it seems.
- Keep working on myself. Focus more on my growth, and spend most of my energy improving my skills and knowledge.
- Be creative and resilient in times of discomfort. Challenges are inevitable, especially when people strive for greatness.
- Be altruistic. Aim to be of service to others and keep paying it forward. Knowledge is meant to be shared, not kept in a box.
- Check out Jeff Goins's website [Goinswriter.com](#) for quick tips on writing. Plus, fun, thought-provoking, and insanely insightful ideas from Jeff himself.

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

<https://www.getyourselfoptimized.com/on-the-path-of-self-discovery-with-jeff-goins>