

236: Hack Your Emotions Using Wearable Tech

10 Point Checklist

Scott Donnell

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**



"The idea of Hapbee is that it's an incredible technology that can hack your emotions without involving any chemicals, toxins, or anything potent."

SCOTT DONNELL

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.

- Be careful of what I put in my body. Avoid anything with chemicals or GMOs.
- Monitor my emotions daily so I am aware if there is a disruptive pattern in my system.
- Aim for a balanced life where I can manage my work and personal life easily.
- Create tiny habits that can be integrated into my daily schedule to help maintain a healthy lifestyle.
- Be aware of my addictive tendencies and slowly wean myself off bad habits like smoking, drinking, or staying up late.
- Exercise regularly and maintain a physically active lifestyle. Working out keeps the blood pumping dopamine, a hormone that plays a vital role in people's moods.
- Monitor my sleep patterns, especially my REM, to see if I am getting enough high quality sleep every night.
- Look into the future of healthcare and medicine and see how new technologies can help me live a more optimized life.
- Plan out my life goals, and don't forget to include my and my loved ones' health as a top priority.
- Check out [Hapbee](#), the first wearable device that lets you feel calm, alert, focused, or sleepy on command.

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

<https://www.getyourselfoptimized.com/hack-your-emotions-using-wearable-tech-with-scott-donnell>