

# 240: How to Prepare for Coronavirus


## 10 Point Checklist

Steve Good

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**



"Be a prepper, not a panicker.  
Even when there's no pandemic, it's good  
to ensure your safety for emergencies."

**STEVE GOOD**

# 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.

- Sterilize and disinfect my entire house and my personal belongings. Clean surfaces and regularly utilized objects. Wash my hands with soap and water and use sanitizers that contain at least 60% alcohol.
- Self-quarantine when I am showing symptoms of COVID-19. Self-isolate when I want to make sure I don't get the virus or get someone else infected. Learn the difference between the two and share this knowledge with others.
- Research more about "medical martial law" and be extremely vigilant of my country's government during the crisis. I should be hyper-aware of my rights and what's happening around me.
- Don't just rely on information from mainstream media. There's a lot that is censored and can only be discovered through deep research and attentiveness.
- Grow or make my own food. Don't rely too much on the produce the markets are selling during a time of scarcity.
- Stock up on goods that don't expire quickly. Check out the [Coronavirus Shopping Survival Guide](#) recommended by Stephan and Steve.
- Improve my home security for peace of mind. Hide a self-defense weapon inside my home and check if my locks need an upgrade.
- Improve my hygiene during the COVID-19 scare. Learn how to wear a mask, goggles, or PPEs with the help of this [guide](#).
- Keep my mental health in check. This type of global crisis can present some form of psychological trauma that it's crucial to be proactive in rewiring my frame of mind.
- Take this time to connect with others. It can be with my partner, kids, or even people I've lost touch with. Everyone is going through the same crisis right now, and it can make anyone feel good to know they're not alone.

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

<https://www.getyourselfoptimized.com/how-to-prepare-for-coronavirus-with-steve-good>