

064: Finding Happiness Through Awareness of the Blessings in Your Life

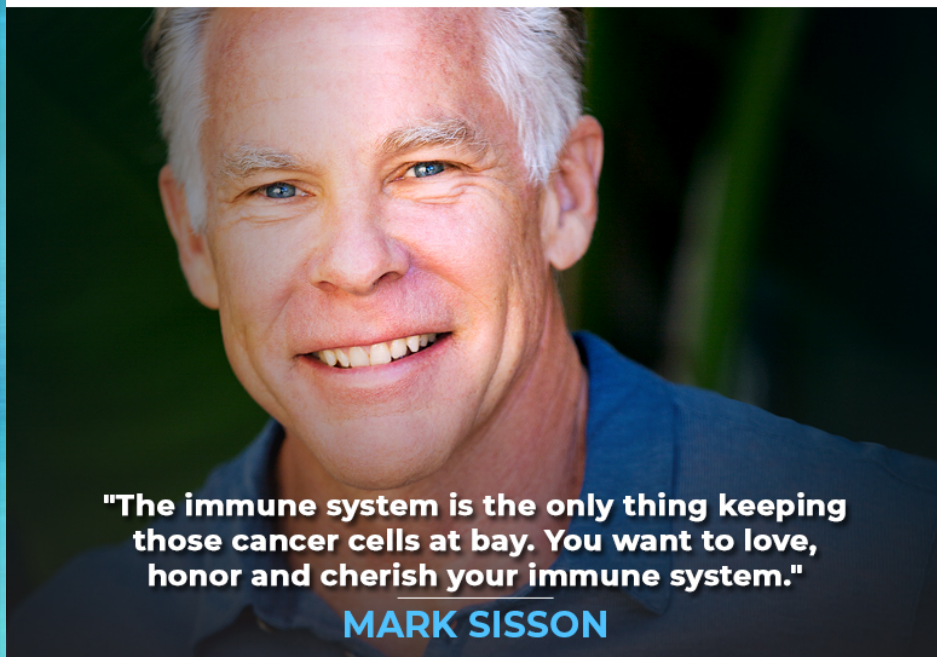
10 Point Checklist

Mark Sisson

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 immune system is the only thing keeping those cancer cells at bay. You want to love, honor and cherish your immune system."

MARK SISSON

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.**

- Apply the H equals G cubed (give, gratitude, and growth) formula to yourself to see which G is the lowest. Work on raising that one in your life to achieve more happiness.
- To strengthen the second G in the equation, take half an hour to write down 50 things you're grateful for. Tomorrow, write down another list, with none of the same items.
- Put a Post-it note on your computer screen with the word "awareness" on it. This way, you'll be frequently reminded to be aware.
- Set a phone alarm for a random time when you aren't sure where you might be. When it goes off, look around your current environment, and find five reasons for enjoyment.
- To reduce fear, practice increasing awareness. Ask yourself what you're fearful of, what the worst thing is that can possibly happen, and what you need to let go of.
- Take one thing that you don't want, and practice reframing it into something you do want. For example, change "I don't want to be poor" into "I want to be rich."
- Practice showing gratitude for the people you love. Ask one of them, "What have you done today that you haven't been thanked for?" and then thank him or her for whatever the answer was.
- For one month, resolve to perform at least one act of kindness every day. After a month, you may find it's a habit you don't want to break.
- Think about someone with whom you want to have a closer relationship (a parent, child, or sibling, for example). Commit to strengthening the relationship, and figure out the best way to do it.
- Take the 25-question test at [My Happiness Score](https://www.getyourselfoptimized.com/finding-happiness-awareness-blessings-life-anil-gupta/) to find out your happiness score and learn areas for improvement.

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

<https://www.getyourselfoptimized.com/finding-happiness-awareness-blessings-life-anil-gupta/>