

065: Keeping Yourself Safe in a Potentially Dangerous World

10 Point Checklist

David Nance

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**

A portrait of David Nance, a man with dark hair, wearing glasses, a dark suit, a light-colored shirt, and a dark tie. He is smiling slightly and looking directly at the camera.

"There isn't such a thing as a golden rule to escape an attacker. Every situation and every scene is going to be different, but just having a plan, having it played out in your head, will go a long way towards allowing you the opportunity to escape."

DAVID NANCE

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.**

- Prepare an action plan for what you would do if you got attacked. Then visualize your plan in detail, to ingrain it in a way that will let you enact it automatically in an emergency situation.
- Make yourself a hard target. Be present, fully aware, and engaged in what you're doing at all times, and practice projecting confidence as a deterrent to attackers.
- When possible in public, keep a 12-foot distance between yourself and anyone you don't know. They will need to take two steps and then lunge to reach you, giving you time to react.
- Every time you go out, practice staying in a "conditioned yellow" state, which is a relaxed alertness and awareness of your surroundings. If something seems wrong, take immediate action.
- Figure out which defense tools (such as pepper spray and alarms) suit you best. Buy those, and keep them with you at all permitted times in public.
- Practice with your tools in advance. Know where they are, how to pull them out quickly, and how to operate them so it's second-nature in an emergency situation.
- Memorize the parts of the body to go for in the event of a hand-to-hand attack so that you'll be prepared if the situation occurs. The groin is obvious, but others include the shins, nose, and neck.
- Be a skeptic, and pay attention to your gut. If someone's behavior makes you feel suspicious or wary, listen to your instincts and put distance between yourself and that person.
- Look into home security if you haven't already done so. A full home security system may be the safest, but you can start with small steps like security stickers in your windows or a dog bowl on the porch.
- Get to know your neighbors. Even if you don't form an official neighborhood watch group, a sense of community will keep everyone safer, because you'll all watch out for each other.

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

<https://www.getyourselfoptimized.com/keeping-safe-potentially-dangerous-world-david-nance/>