

246: Exponential Medicine in a COVID-19 World

10 Point Checklist

Dr. Daniel Kraft

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**



“We are a society that waits to be sick before we take action. We don't practice healthcare, we practice sick care, and that should change.”

DR. DANIEL KRAFT

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.**

- Expect a "new normal" after the pandemic is over. Businesses, healthcare, schools, and social standards will change once the lockdowns and quarantine are lifted.
- Evaluate the systems I'm used to at work and determine whether they can be converted to virtual processes. Telecommuting will play a huge role in social distancing.
- Be more mindful of the environment. This pandemic proved how much the human race has abused nature. Let this healing moment be a reminder. For us to have a better future, we must all prioritize Mama Gaia.
- Think outside of the box. Collaborate and innovate new solutions. Utilize the convenience of the Internet to find people I can work with.
- Be involved with the collective change that must happen in all industries. Let it be a call to everyone to be more mindful of others moving forward.
- Research and invest in health monitoring devices. Moving forward, hospitals will only be a building for confined patients when consultations can be done with AI-assisted diagnostics in the comfort of one's own home.
- Invest in healthcare and not sick-care. Be more proactive with my health by staying active, eating right, and sleeping at least eight hours a day.
- Get myself tested as early as I can. Early detection is key to preventing major diseases such as Cancer, Diabetes, heart disease, and more.
- Distinguish fear-mongering misinformation from facts. Don't believe anything the media throws at me. Do research first before implementing any advice from the news.
- Check out [Dr. Daniel Kraft's website](#) for more information about COVID-19 and the future of health and medicine.

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

<https://www.getyourselfoptimized.com/exponential-medicine-in-a-covid-19-world-with-dr-daniel-kraft>