

027: Living With Intention to Improve Your Creativity and Relationships

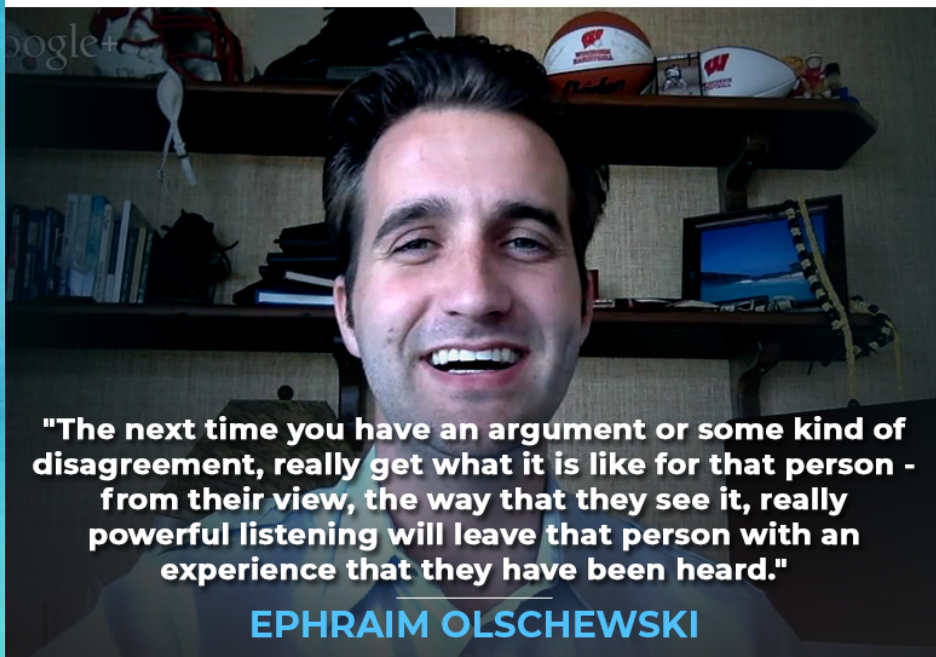
10 Point Checklist

Ephraim Olschewski

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 next time you have an argument or some kind of disagreement, really get what it is like for that person - from their view, the way that they see it, really powerful listening will leave that person with an experience that they have been heard."

EPHRAIM OLSCHESKI

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.**

- Become a better communicator by listening to what others are saying, and trying to understand their viewpoints.
- Use affirmations twice a day to create positivity-bonus if you add classical music to your affirmation time.
- Don't judge others. Open yourself up to loving everyone, you never know who will bring you the gift of enlightenment.
- If you have family members that you don't speak to or have issues with, clear those problems and work on moving on, even if it's only within yourself.
- Consider what is powerful and what is not powerful in your life opposed to looking for right and wrong.
- Love, honor and respect your family members and loved ones to become more complete within yourself.
- Cut out aimless moments in your day-such as flipping through the T.V. channels. Be aware of what you are doing, no matter what the task.
- Be consistent with what others can expect from you. If you have a meeting, you want your colleagues or clients to know that you'll be in your office during your work time.
- Ask yourself "What is the difference I'm really committed to make, and how do I bring intentionality to everything that I do to my entire life?"
- Remember to summarize and validate others if you are in a disagreement, this will help you see both sides and become more open to other viewpoints.

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

<https://www.getyourselfoptimized.com/living-with-intention-to-improve-your-creativity-and-relationships-ephraim-olschewski/>