

# 056: Find Success with The Miracle Morning

## 10 Point Checklist

**Hal Elrod**

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**



**"I'm going to dedicate my life to trying to help other people, and really fulfill my potential."**

**HEL ELROD**

# 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.**

- Food can either be a medicine or a poison – be mindful of what you put into your body and listen to how your body responds.
- Think carefully about participating or allowing your children to participate in contact sports. The long term repercussions on the brain can be severely damaging.
- Consider taking fish oil supplements – they are great brain boosters and also protect your brain from the deterioration that happens as we age.
- Research has shown that being addicted to our smartphones causes us to lose 10 IQ points in a one year alone. Take a step back from your gadgets and try to be more mindful of being in the moment.
- Contrary to popular belief, new research is showing that smoking marijuana creates long term damage to your brain. Consider this when you make your lifestyle choices.
- A scan can reveal hidden toxics that are causing damaging activities in the brain. Getting a scan is the first step in knowing that you have some work to do on what is damaging your brain.
- There is hope for brain injuries. With the proper lifestyle changes and supplements, you can increase the blood flow to your brain and put a halt to damaging processes.
- Managing your weight is crucially tied to your brain health. Avoid the dinosaur brain theory by keeping your weight in a healthy range.
- It is important to differentiate the type of brain injury you have-caused by a physical injury or emotional trauma, in order to get the proper treatment.
- Visit Amen Clinics to schedule a scan of your brain, and discover lifestyle changes that you can do to reverse any trauma you may have, or prevent future trauma.

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

<https://www.getyourselfoptimized.com/find-success-miracle-morning-hal-elrod/>