

005: Fall in Love With Being Fit

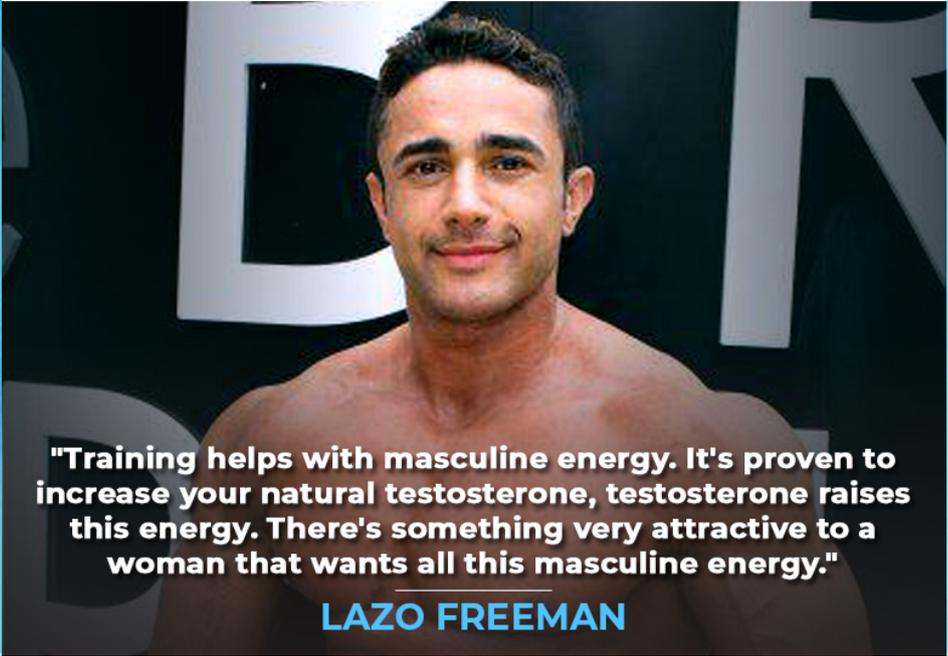
10 Point Checklist

Lazo Freeman

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 Lazo Freeman, a muscular man with short dark hair, smiling slightly. He is shirtless and standing in front of a dark background with large white letters 'D' and 'N' visible.

"Training helps with masculine energy. It's proven to increase your natural testosterone, testosterone raises this energy. There's something very attractive to a woman that wants all this masculine energy."

LAZO FREEMAN

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.**

- Draw a picture of what you'd love your body to look like.
- Keep that picture somewhere that you will see every day.
- Find out what truly inspires you to live healthy. You can start by taking the Demartini Value Determination Test at https://drdemartini.com/value_determination
- Create a workout plan that you love. Or, seek out a transformation coach.
- Learn the correct form for each exercise you are attempting before you go all in.
- Start your morning with a nice green smoothie packed with greens and superfoods.
- Fill out the rest of your diet with nutrient-dense foods to get the most bang for your calories.
- Find other people who you find awesome and develop a supportive peer group.
- When going out and meeting others, have the goal of trying to make others feel great.
- Learn to love being out of your comfort zone.

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

<https://www.getyourselfoptimized.com/fall-in-love-with-being-fit-lazo-freeman/>