

# 036: Establishing Positive Habits to Transform Your Health, Fitness, and Soul

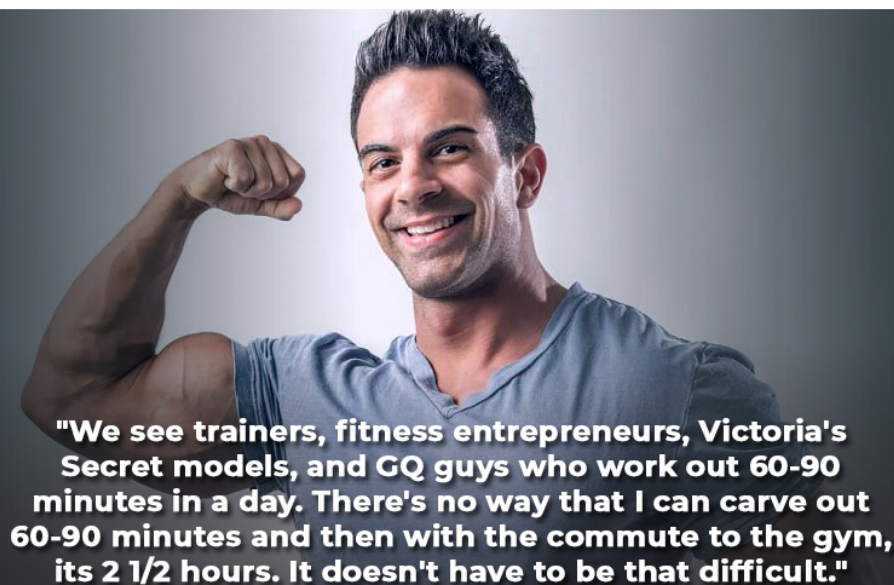
## 10 Point Checklist

### Michael Morelli

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 see trainers, fitness entrepreneurs, Victoria's Secret models, and GQ guys who work out 60-90 minutes in a day. There's no way that I can carve out 60-90 minutes and then with the commute to the gym, it's 2 1/2 hours. It doesn't have to be that difficult."**

**MICHAEL MORELLI**

# 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.**

- The first step is to make small, positive changes. Just get moving in any way you can, whether that is a 15 minute HIIT workout, or going for a walk around your neighborhood.
- Work on changing habits that are holding you back from reaching your goals. Be aware of what you do in stressful situations, and try to create positive habits around those feelings.
- You don't have to choose a one-size-fits-all diet to become healthier. Choose foods that are in their natural state, such as organic vegetables, fruits, and lean meats- or, use Custom Nutrition for a personalized plan.
- Coffee is one of the most underutilized fat burners! Drink an organic brand for the most benefit.
- Always read labels. If something includes artificial ingredients, colors and dyes, or soy-just stay away.
- While reading labels, go for products that have less than 5 ingredients. There is a better chance of everything being close to natural if the ingredient list is short.
- To raise your awareness and work on your habits, try meditation with journaling. The combination will help you to focus, and track, where you can improve.
- Becoming healthier doesn't mean that you can't ever have the foods you crave again. Create your meal plan for the full week, so you are prepared to fit the meal into your diet without going over your calorie goal.
- Ginkgo Biloba helps with memory and brain function. Take it in the morning to take advantage of the benefits throughout the day.
- If you are a vegan and vegetarian, focus on getting protein from foods like quinoa, pea protein, and brown rice protein.

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

<https://www.getyourselfoptimized.com/establishing-positive-habits-transform-health-fitness-soul-michael-morelli/>