

# 060: Create an Amazing Lifestyle that Gives Back

## 10 Point Checklist

**Rich German**

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**



**"It's not me against you, it's us working together so that we can create impact in the world."**

**RICH GERMAN**

# 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.**

- Before we create our lifestyle business, we first have to know what lifestyle we want. Create a “dream board” for your dream lifestyle. Don’t forget to include info or images about how and when you want to work; time spent energizing your mind, body, and spirit, relationships, and things you are passionate about.
- Take joy in helping a worthy cause, and get an amazing book in the process. Preorder your copy of Blue Laguna by Rich German [here](#).
- Our bodies will tell us when our stress level is too high. Do you listen? Take time to make an inventory of your physical health. Make a plan to address any issues on your list.
- Leveraging our time can be an excellent way to leverage our income. Brainstorm with a friend or mentor about ways you could leverage time in your life.
- When our marketing messages are complicated or muddled, it is easy to get lost in the crowd. Stand back and take an objective look at what you’re selling and how you are trying to sell it. How many problems are you trying to solve? Come up with a plan to niche down your message.
- Join the [JV Insider Circle](#) community to increase your knowledge of joint ventures and meet people who are looking for mutually beneficial partnerships.
- Amazing joint ventures can be built when we find out who is already talking to our target market. Come up with a few out-the-box ideas to gain understanding of your audience. There are thousands of potential ideas. Do at least one of them this week.
- Schedule an afternoon to spend some quiet reflective time doing this activity that Warren Buffett recommends to help you focus on your priorities.
- Do you have “shiny-object syndrome?” Do you chase after every new idea? Make yourself a commitment to follow through on one of your great ideas.
- Check out JVX Ticket to get your free ticket to the next JVX event on November 3-5, 2016.

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

<https://www.getyourselfoptimized.com/create-amazing-lifestyle-gives-back-rich-german/>