

034: Tools for Designing a Productive and Prosperous Lifestyle

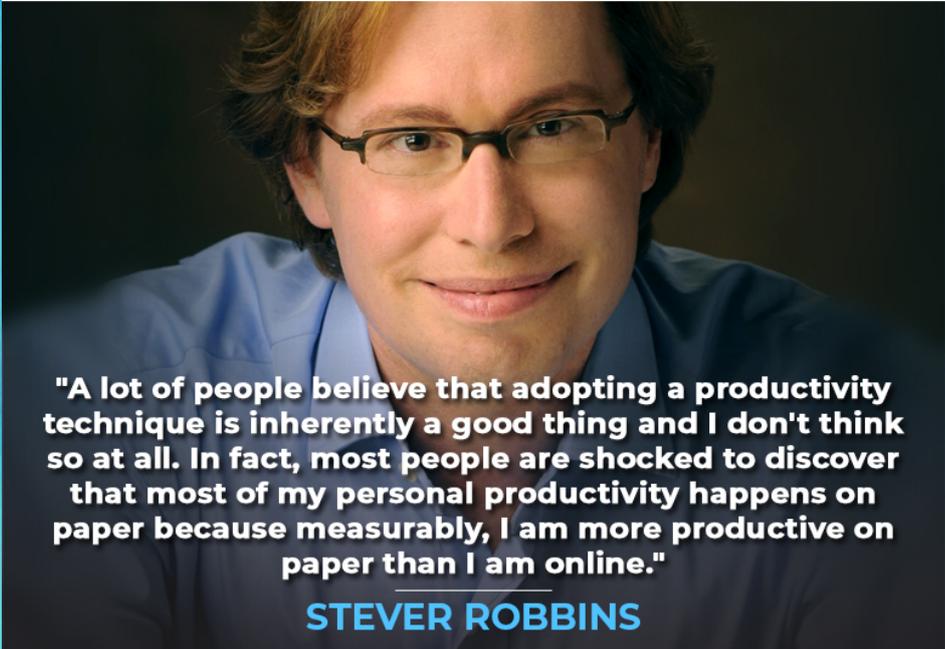
10 Point Checklist

Stever Robbins

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 Stever Robbins, a man with glasses and a blue shirt, smiling slightly. The portrait is set against a dark background and is framed by a thin white border.

"A lot of people believe that adopting a productivity technique is inherently a good thing and I don't think so at all. In fact, most people are shocked to discover that most of my personal productivity happens on paper because measurably, I am more productive on paper than I am online."

STEVER ROBBINS

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.**

- Are you creating a lot of excuses around a subject? Do you have negative feelings towards something You may want to use NLP techniques to change your beliefs around those topics.
- Create a life map: When a new obligation comes in, ask yourself “Where in this map does it go?” If you can’t find a place that it goes in the map, say no to it.
- Get Stever’s PDF worksheet with the career planning exercise at SteverRobbins.com/careerplan.
- If you are considering creating a podcast, create a format for your show and stick to it. Make sure you add actionable items for your listeners to use after they tune in.
- Stick to your priorities. Before adding more responsibility to your life, consider if it fits into your business or personal goals.
- Get creative! Like Stever’s musical, don’t be afraid to try new things that haven’t been done before.
- Check out Stever’s website at www.SteverRobbins.com, there are around 400 informational and motivational articles available, along with a lot of free stuff.
- Distribution and creation are both important when you are starting and running a business. Manage your time wisely and don’t focus all of your attention in one area.
- If you want to be productive and rich, you need to concentrate on both at the same.
- If you take notes by hand, it may help you to learn and remember the content. Try it at your next meeting or seminar.
- Balance your life by creating goals not just around your career, but about your relationships and life in general.

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

<https://www.getyourselfoptimized.com/tools-for-designing-a-productive-and-prosperous-lifestyle-steve-robbins/>