

074: Surrendering Into the Experience of Life

10 Point Checklist

Chris Wise

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 will follow my heart, no matter what,
even until death."**

CHRIS WISE

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.**

- Visualize your inner child, and say to him or her for five minutes at a time, “I love you.” Repeat this daily for at least a week.
- The next time you have the opportunity to do so, respond to anger or aggression with love. This may be as simple as saying “I love you” to an angry spouse rather than reacting with anger
- Identify one relationship in your life that is defined by darkness. Write down three potential ways to fill it with light from your end, and then follow through with one of them.
- “Life is a gift.” Practice daily gratitude for life by writing down five things you’re grateful for. One of the five should involve finding something to be grateful for in a situation that isn’t immediately positive.
- Take some time to think about the concept of your essence being indestructible. Do you already live this way? If not, how might this belief transform your daily life or attitude?
- The next time you feel an uncomfortable emotion, commit to letting it wash over it and allowing yourself to feel it. Don’t reject or suppress it, as it will just come back to haunt you.
- Men, surrender the craving for control. Neediness is the opposite of a masculine presence, so give up that need or craving for control to tap into a new level of masculinity.
- If things don’t go your way, let go of the impulse to be angry or disappointed. Choose to look for what will open up instead.
- After you surrender, don’t forget to take action. The Law of Attraction may not work if you just wait for it to happen, so don’t allow surrender to make you passive.
- Take at least eight weeks of classes in Krav Maga, if it’s available in your area. If not, commit to eight weeks of another martial art instead.

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

<https://www.getyourselfoptimized.com/surrendering-experience-life-chris-wise/>