

076: Balancing Financial and Service Opportunities by Giving Back


10 Point Checklist

Dan Sutera

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 always wanted to do something good in the world and be of service, and it was always a hard call whether or not to pursue the tech or financial opportunities versus the service opportunities."

DAN SUTERA

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.**

- Sit down with a piece of paper and jot down your thoughts on how you're balancing your financial goals with your service goals. Is there room for improvement or change?
- Make a list of at least 10 service ideas that you find interesting, compelling, and meaningful. These can involve giving time, money, or a combination.
- From your list ideas, choose your favorite service opportunity and complete it at regular intervals (such as weekly). This ensures it's ongoing, meaningful service rather than a one-time event.
- In your for-profit or nonprofit business, focus on your "why" and your team. Ask yourself why you're doing it, and who you're doing it with.
- In addition to your weekly service commitment, find a way to give back to the world by sharing your knowledge or teaching people. You can be as creative as you like about how you do this.
- If you're thinking of starting a nonprofit, think hard about whether it's actually the right choice for you. A lot of blood, sweat, and tears goes into the process.
- Spend some time volunteering for an existing organization in the field of the nonprofit you would start, if you decide to do so. This will help you understand how it works behind the scenes.
- While you're volunteering at your related organization, ask questions to test the waters and learn more about what you need to know if you start your own nonprofit.
- Look into contributing to Impact Network. You may be able to do this by donating money or time, or by attending the annual Chefs for Impact fundraising event.
- It's incredible how much potential there is in technology. Set aside an hour to research and learn about new and upcoming technologies, and the impact they can have on our lives.

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

<https://www.getyourselfoptimized.com/balancing-financial-service-opportunities-giving-back-dan-sutera/>