

095: Eating with Awareness and Compassion rather than Unconscious Conditioning


10 Point Checklist

Dr. Melanie Joy

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**



**"Compassion and justice are core human values
and becoming aware of carnism allows us to
regain our freedom of choice."**

DR. MELANIE JOY

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.**

- Understand that I was born in a system (carnism) that conditions me to eat certain animals and that it is internalized, but it doesn't have to be.
- Realize how carnism has a profound impact on the way I think and feel about animals, and things like abstraction or some animals lacking individuality may not be accurate.
- Understand that what I eat is a choice.
- Reduce my participation in carnism by eating less animal products. Humane products are a PR stunt. Eating and using less animal products will help reduce cruelty.
- Feel my natural connection and empathy to animals that is hardwired into all humans and recognize their individuality.
- Eat a whole foods, plant-based diet to provide my body with optimum health and to reduce cruelty to animals, humans, and the environment.
- Support vegan causes, even if I am not vegan, by contributing money or using my influence to share exposure and valuable information.
- Be a 'vegan ally' – positively support the cause and avoid making meat eaters feeling ashamed, helpless, or attached. The more people who support, the better world I live in.
- Practice integrity in my own life through reduced meat consumption as I spread the word about carnism and veganism.
- Educate myself and those around me by watching [Forks Over Knives](#), [Cowspiracy](#), [Dr. Melanie Joy's Ted Talk](#), or reading the [Beyond Carnism blog](#).

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

<https://www.getyourselfoptimized.com/eating-with-awareness-and-compassion-rather-than-unconscious-conditioning-dr-melanie-joy/>