

100: The 100th Episode! Lessons, Highlights, and Insights

10 Point Checklist

Orion Talmay

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**



**"Knowledge is power. Always be learning, optimizing
and up-leveling in every aspect of your life."**

STEPHAN SPENCER WITH ORION TALMAY

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.**

- Strengthen and nurture my spirituality by exploring different teachings that can give light to my true purpose and teach me how to be a better person.
- Help people with true intention and not because I want to get something out of it in return but because I simply want to help and share my blessings.
- Understand that being vulnerable is not a sign of weakness and that my ego is separate from my true self. The real me is revealed when I peel back all my layers, raw & exposed.
- Explore Gary Chapman's [5 Love Languages](#) and learn my and my partner's primary love language so we can be more intentional in our connections.
- Study the teachings of Alison Armstrong to get an insight into whether my partner's hurt is coming from a feminine or masculine side to better understand how to respond appropriately.
- Improve my relationship by showing appreciation and focusing on the good through techniques like Imago Therapy.
- Get my hormones tested to see if I need to take hormone boosting supplements to be more vital, feel stronger and be more present, powerful, and capable.
- Own my body by working out and going to the gym or hiring a personal trainer and experimenting with different techniques that work best for my body type.
- Look into different biohacking techniques and explore the teachings of Dave Asprey and the Bulletproof movement.
- Have a morning ritual to get in the right mindset to start my day. I can learn more about this technique with Hal Elrod's Miracle Morning.

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

<https://www.getyourselfoptimized.com/the-100th-episode-stephan-spencer-with-orion-talmay/>