

103: Live Each Day Like It's Your Last

10 Point Checklist

Getrude Matshe

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**

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"What matters are the people we love."

GETRUDE MATSHE

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.**

- Live each day to the fullest and treasure life's moments – because no one, including myself, knows how many days we get.
- Remember that what matters most are the people I love, and make sure I tell them how much they mean to me.
- Learn to love myself instead of needing outside validation from other people.
- Remember that there is no stigma or shame in walking out of a relationship that may not be working. It's better to separate and both be happy than stay together miserably.
- Uncover the layers and look at my real self and understand who I truly am someone that deserves love not just from others but from myself most importantly.
- Trust the universe in whatever I do and wherever I go including not staying in a bad situation because of the fear of the unknown.
- Realize that small tokens of love are all around us, such as a friend buying me coffee, going out with someone for dinner and them paying the bill or even a stranger saying hello and striking up a conversation.
- Understand that my partner and I are unique individuals and in a relationship, we shouldn't change ourselves to feel loved and accepted.
- Remember the "Ubuntu" philosophy, where if one person hurts we all hurt – we must always respond to people with love and empathy.
- Follow my dreams no matter my age or circumstances and trust that I will find the path to get where I need to be.

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

<https://www.getyourselfoptimized.com/live-day-like-last-getrude-matshe/>