075: Filling Up Your Good Life Buckets

10 Point Checklist

Jonathan Fields

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.

"Something can drop into your life as a source of great suffering, and, over time, become a source of great teaching."

JONATHAN FIELDS
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.

☐ If you’re suffering from something, try to incorporate a dual mentality: maintain hope that it will go away, but at the same time accept that it may be permanent.

☐ Shift your perspective on things that have come into your life as sources of suffering. Transform them into sources of teaching by asking yourself what you can learn from them.

☐ Take an honest look at yourself. Are you deeply driven by a need for certainty or security? If so, work toward accepting the idea that there is no such thing as complete certainty.

☐ Develop your own daily mindfulness meditation practice. Set aside 20 minutes per day to notice, allow, and release your own experiences.

☐ Commit to an exercise plan that you will realistically stick to. Every day is great if you can, but even half an hour a few times a week is better than nothing.

☐ Reduce your suffering by reframing your own thoughts. When you start down a negative thought path, reassess what you’re telling yourself and choose to tell a different story instead.

☐ Stick with doing the items on this checklist even if you don’t immediately see a positive change. Be patient with the practices and allow them to unfold over time. Just keep showing up.

☐ Each day, do one thing to top off each of your three good life buckets: vitality, connection, and contribution.

☐ When you’re torn on making a decision, sit down and assess the impact either choice would have on each of your three good life buckets.

☐ To snap out of autopilot, move out of a place of reactivity to a place of mindfulness and intention. Say yes or no from a place of assessing whether something actually matters to you.

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

https://www.getyourselfoptimized.com/filling-up-your-good-life-buckets-jonathan-fields/