

# 078: Reaching Self-Optimization Through Self-Awareness

## 10 Point Checklist

**Justin Dudek**

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**



**"The great thing about breathwork -- and this is one thing that attracts me to it -- is that it actually changes the wave patterns going on inside your own brain."**

**JUSTIN DUDEK**

# 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.**

- Practice saying “no” to your negative thoughts and beliefs. When you have an impulse to partake in a bad habit, or to avoid a good habit, let the impulse pass and then make a conscious choice.
- Stay aware of your bad habits. Just as an alcoholic is always in recovery rather than cured, your habits may never be “broken,” but you can manage them.
- Examine your bad habits carefully, and figure out what pushes you to indulge in them. Minimize stress in your life, increase happiness, or otherwise address the true root of the problem.
- If you have a sugar addiction, instead of focusing on the addiction itself, manage your habits surrounding it. Get junk food out of the house, and stick to your shopping lists.
- Make a list of your bad habits based on how much of your time they take. This can give you a starting point for figuring out which one(s) to conquer first.
- For two weeks, eliminate the word “try” from your vocabulary. This will increase your ability to make conscious decisions.
- Commit to having “no more zero days.” Do at least one thing each day, no matter how small it is, toward a broader goal or a life choice you’ve made.
- Track the amount of time you spend on social media. If it’s higher than you would prefer, use apps or browser add-ons to limit your usage.
- Adjust your schedule and habits as necessary to get enough good sleep every night. This may involve limiting electronic use in the bedroom, or going to bed earlier than usual, for example.
- Sort through old family photos of yourself, and set aside the ones that evoke the strongest emotional response in you. Meditate on these pictures and examine the thoughts they create.

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

<https://www.getyourselfoptimized.com/reaching-self-optimization-self-awareness-justin-dudek/>