

108: Optimizing Health, Wealth, Relationships, and Happiness

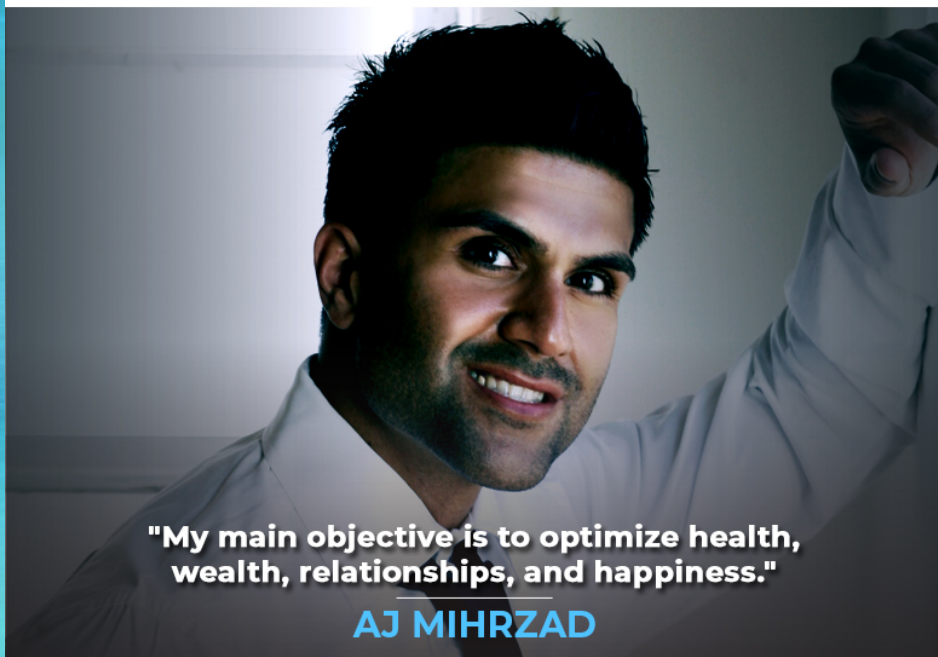
10 Point Checklist

AJ Mirzad

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**



**"My main objective is to optimize health,
wealth, relationships, and happiness."**

AJ MIHRZAD

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.**

- Do a 100 count breath meditation when I wake up. Breathing in through my nose and out through my mouth will prime me to be present and not rush anything throughout the day.
- Journal in the morning and write about my previous day. Include one win and one thing that I am grateful for.
- Aside from writing on my journal, express my thoughts and feelings through talking it out by using Copytalk, an app that can transcribe spoken words in minutes.
- Maximize my time by listening to a motivational or inspiring podcast as I get ready in the morning or drive to work.
- Surround myself with people who inspire me to achieve more. Mentors, masterminds, and networking connections can all help me obtain personal growth.
- Find a workout partner who inspires me to be disciplined and achieve more. Being around someone who takes fitness seriously will only push me to do better.
- Spend time around people who have a positive attitude and inspire happiness. Look for places where like minded people gather such as a seminar or social media hangout.
- Create a powerful and inspiring vision for myself. Write down what my relationships will be like and what I will bring to relationships.
- Allow myself one cheat day per week to avoid depriving myself. Breaking up my routine can help keep my will power strong.
- Test out different diet plans and see what works for me. Stick to what works for me at least 80% of the time.

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

<https://www.getyourselfoptimized.com/optimizing-health-wealth-relationships-happiness-aj-mihrzad/>