113: Tapping In to Your Infinite Potential

10 Point Checklist

Dr. Robert Pope

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.

“Meet failure with love, acceptance, and inquiry- instead of resistance.”

DR. ROBERT POPE
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.

☐ Evaluate my beliefs about failure and try to understand how these thoughts are preventing me from leading a happy life.

☐ Change my belief system around struggle. I have the power to decide if a situation is considered a struggle or not.

☐ Accept that failure happens. Instead of dwelling on it, find something that will help me grow and become a better person.

☐ View failure as a piece of information rather than a roadblock. If I didn't get what I was asking for, it does not mean I failed and there is no deeper meaning to it.

☐ Become familiar with Byron Katie’s The Work to help me with my self-development.

☐ Achieve a higher level of consciousness by separating who I truly am from my thoughts and feelings. The mind is different from the brain and consciousness is separate from the body.

☐ Get something positive out of my failures. Going through failure proves that I am strong, significant and better than I used to be.

☐ Enhance my ability to create my own reality. Circumstances happen because we believe in a path that the universe conspires to turn into reality.

☐ Ask myself “should I complain or should I create?” when I catch myself in a difficult situation. I get to decide whether I continue to struggle or remove myself from the situation.

☐ Use Dr. Robert Pope’s lessons to open myself up to new methods of personal growth and development and to live a joyful and powerful life.

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