

113: Tapping In to Your Infinite Potential

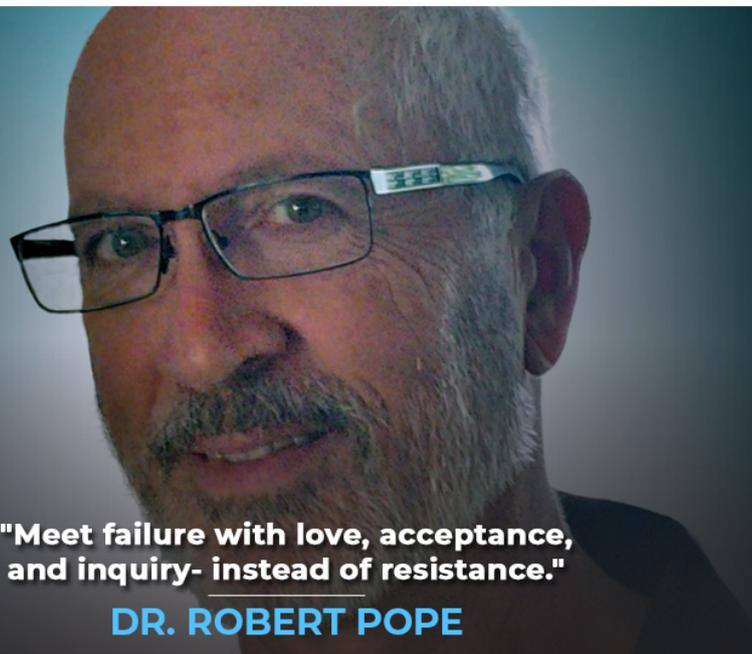
10 Point Checklist

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.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"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:

<https://www.getyourselfoptimized.com/tapping-infinite-potential-dr-robert-pope/>