

121: From Stuck to Successful


10 Point Checklist

Kate Beeders

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**



"Certain things have more power than others,
and that is just part of the journey."

KATE BEEDERS

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.**

- Reflect on my limitations and find ways to tackle and overcome them.
- Deal with my personal issues before taking care of business issues. I can accomplish anything with the right mindset.
- Write my own affirmations instead of copying someone else's motivational quotes. There is power in writing them down on paper.
- Try tapping or EFT (Emotional Freedom Technique) to help me overcome my deepest fears.
- Take time to reflect on my actions and whether or not they are bringing me good results. This will help me stay on the right path to success.
- Be grateful for the things I have. Make it a habit to show gratitude on a daily basis.
- Develop a positive method to deal with objections. Accept rejection as part of my process and continue to strive for success.
- Set boundaries and don't try to do everything for my clients. Set clear expectations of my commitments so my time and skills are valued.
- Change my outlook on money. See it as a form of energy rather than just currency.
- Hire a business coach that can help me improve my mindset, work, money and personal life.

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

<https://www.getyourselfoptimized.com/stuck-successful-kate-beeders/>