

110: Oprah's Dog Trainer Tells All

10 Point Checklist

Tamar Geller

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**



"Dogs are like angels from God teaching us to be better in our lives."

TAMAR GELLER

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.**

- Think of my dogs as toddlers and treat them the same way I would like my child to be treated and taken care of.
- As a “pawrent,” I need to set some ground rules for my dogs to follow by starting as a good example. Don’t dwell on the myth that dogs are the ones in charge.
- Having a pet, like a serious relationship, is a commitment. I need to think about my dog’s welfare and make sure that I am able to devote time and care for them.
- Instead of barking commands and forcing my dogs to learn, find out why they’re doing it and try to fix it with a different, gentler approach.
- Dogs can get uncomfortable with too much certainty. Change their routine up a bit by taking a different route on walks or giving them a different treat from time to time.
- Too much uncertainty on the other hand is not good for my dog as well. I need to make them feel that they are in a secure, safe place.
- Make sure my dog gets a good amount of physical activity during the day, because dogs can become restless when their needs are not being met. One of these regular needs is physical exercise.
- If I need to change my dog’s habits, I need to reflect on myself first and see what I need to change so that my dog can adapt to it.
- When taking my dog to the park, make sure that I have treats and refreshment with me so that when it’s time to come home, the dog would not hesitate to leave the park with me.
- Give my dogs a good life – these furbabies are changing mine for the better as well, and I should be grateful for that.

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

<https://www.getyourselfoptimized.com/oprah-dog-trainer-tells-all-tamar-geller/>