

262: Realize Your Creative Potential

10 Point Checklist

Cameron Brown

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**



“What tends to happen when we are faced with uncertainty is we go for the things that take us back to our comfort zone. That is not how you grow.”

CAMERON BROWN

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.**

- Stay inquisitive. There is so much to learn out there. Find a topic or niche -I'd like to learn more about and invest some time into it. With the many resources available today, I can easily buy a book, sign up for a course, or read articles.
- Keep up with activities that enhance my creativity. Creative talent is like a muscle. It needs to be stretched, trained, and sometimes pushed to its limits so it can grow.
- Be comfortable with the uncomfortable. Great things don't just land in someone's lap. There will be hardships and failures, and I must learn how to navigate them.
- Go offline at least once a week. Log out of all my social media profiles. Keep my phone on silent, or better yet, turn it off and place it inside a drawer. This will give me the full experience of being unplugged.
- Give myself space to breathe and relax. It's good to spend some time in silence. Train my mind to be entirely silent for at least 15 minutes a day. Spending time outdoors is a huge help, too.
- Do some physical cleansing every now and then. It can be a detox, a type of fast, or even a simple bath can pamper my body. Find ways to regularly insert self-care into my routine.
- Reflect on deep questions when I'm by myself in a quiet space. Sometimes when life gets hectic, it's healthy to pause, ask the right questions, and get the best answers from within.
- Fully understand the outcomes I want to achieve. List my goals and main priorities on the left column. On the right, write down the steps I need to take to reach those dreams.
- Take action. Don't just settle on ideas. Knowledge means nothing if it's not implemented.
- Check out [Cameron Brown's website](#) to learn more about uplifting content and how to create lasting change.

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

<https://www.getyourselfoptimized.com/realize-your-creative-potential-with-cameron-brown/>