

# 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**

A portrait of Cameron Brown, a man with a shaved head and a goatee, wearing a denim jacket over a white t-shirt. He is looking directly at the camera with a slight smile. The background is a blurred green outdoor setting.

**“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/>