

263: A Life Worth Living

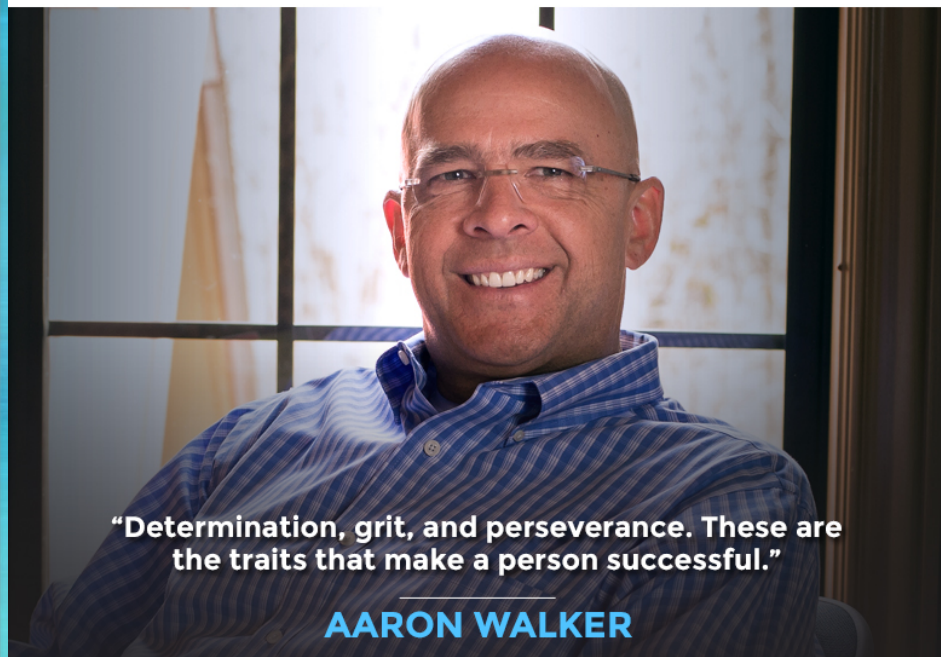
10 Point Checklist

Aaron Walker

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**



“Determination, grit, and perseverance. These are the traits that make a person successful.”

AARON WALKER

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.**

- Discover my purpose in life by having the courage to explore what I really want to do. Let my mission be something that impacts other people's lives as well.
- Carry the values of determination, grit, and perseverance on my journey to living a successful life. Understand that nothing great comes easy.
- Don't focus on tangible possessions. Think deeply about what I'm giving up to be successful. Sometimes the road to success is lonely, make sure I know what I'm setting myself up for.
- Give more and take less. Put my talents in fair use by helping others. Either use them to teach others or volunteer for similar causes.
- Understand that money isn't evil, and being rich isn't greedy. Money is a tool that can help me do good things for myself and others.
- Learn to prioritize things. List what I need to prioritize in a day. Make sure I accomplish my goals by the end of day. On another note, list my top three long-term priorities and let these lead my day-to-day habits.
- Invest the most in relationships. At the end of a man's life, it's not the riches he's made that people talk about. It's about how much he meant to them when he was still alive.
- Join mastermind groups. Broaden my knowledge and understanding of how the world works to be of better service to others.
- Choose the people I surround myself with wisely. When we're alone, we only have one perspective. It's so much better to have companions who keep me level-headed.
- Check [Aaron Walker's website](#) for more information about his mastermind program, and grab a copy of his book, [View from the Top](#).

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

<https://www.getyourselfoptimized.com/a-life-worth-living-with-aaron-walker/>