

138: Tapping into Creativity and Flow

10 Point Checklist

Barnet Bain

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**



"Creativity is the domain an playing field of our lives."

BARNET BAIN

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.**

- Connect with my intention and desire to fuel my creativity. The more specific I am with what I want, the more driven I will be in life.
- Always be creating. Whether it's a book, a script, sculpture, art or music, produce something that came from my thoughts.
- Don't underestimate the power of imagination. My thoughts are strong enough to become reality.
- Build connections through teaching. A creative life involves a strong and trusted community that will support me along the way.
- Be conscious of my decisions and aware of my actions in life. This will help me progress and become a better person.
- Spice things up in my life to avoid monotony. Change is good and a symbol of growth.
- Be in the moment and focus on the present. Appreciate what lies in front of me and use it as an asset on my journey.
- Steer clear of bullying thoughts and limiting beliefs. Words of encouragement will motivate me into being creative and resourceful.
- Don't worry about the future. The future will depend on how I make my present day count.
- Grab a copy of Barnet Bain's [The Book of Doing and Being: Rediscovering Creativity in Life, Love and Work](#).

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

<https://www.getyourselfoptimized.com/tapping-into-creativity-and-flow-barnet-bain/>