

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**

A close-up portrait of Barnet Bain, a man with dark hair and a beard, looking directly at the camera with a serious expression. His right hand is raised, palm facing forward, near his face.

"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/>