

122: How to Hack Your Brain

10 Point Checklist

Chris Keane

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**



"Alpha waves promote creativity, innovation, intuition, calmness, relaxation, and mood stability."

CHRIS KEANE

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.**

- Research neurofeedback to unlock my full potential and train my brain's deep control sites.
- Seek help if I or someone I know is undergoing a mental issue such as ADHD or PTSD. Neurofeedback can help people with these conditions.
- Don't use a smartphone or electronic device that emits light before I go to sleep. Studies have shown that prolonged usage of these devices can cause brain damage.
- Regularly meditate and get in touch with my deepest thoughts. Take a break from the business life and relax for a few minutes every day.
- Don't take my health for granted no matter how busy my lifestyle is. I should prioritize my health as I gain more success in life.
- Focus on taking care of my mental health. Work on controlling my stress levels and find ways to reduce it.
- Practice the principles of Zen and be in touch with my deep self to become more creative, focused and calm in handling my business.
- Take advantage of Chris Keane's gift for Get Yourself Optimized listeners by getting a 10% discount at www.biohacked.com/geek.
- Check out and try different biohacking techniques that can help boost my health and lifestyle. Start by visiting biohacked.com and see what Dave Asprey and Chris Keane have to offer.
- Invest and sign up for 40 years of Zen's exclusive 5-day training that will help me alter my brain wave patterns and change my life.

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

<https://www.getyourselfoptimized.com/how-to-hack-brain-chris-keane/>