

# 127: Your Ticket to TV Appearances, Speaking, and Making a 7-Figure Income

## 10 Point Checklist

**Clint Arthur**

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**



**"Nothing is as powerful as going on TV news, and  
talk shows, and celebritizing your personal brand."**

**CLINT ARTHUR**

# 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.**

- Build up my personal brand by clearly describing what I do to resonate with people who see my message.
- Start booking TV appearances to build authority in my field. There's a celebrity status that comes with TV appearances as opposed to being on YouTube or Facebook Live.
- Practice being in front of the camera so that I'm comfortable doing TV interviews. Get honest feedback on my performance from family, friends or experts in the field.
- Be confident during TV interviews to create a good impression of my personal brand. I should show off my expertise and authority in my field.
- Focus on self-improvement and transformation so that I can share more knowledge with the world.
- Hire a publicist to get me started on my TV journey. Use their connections to get more exposure in the industry.
- If a publicist is too expensive, start by making cold calls to TV shows and contact their producers.
- Always accept speaking invitations. This will help me practice my speaking skills, meet new people in my industry and build my community.
- Don't let rejection stop me from reaching my goal. A "no" is only a few steps away from a "yes."
- Join [Celebrity Launchpad](#) and use Clint Arthur as my mentor to get on TV and to become a celebrity.

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

<https://www.getyourselfoptimized.com/ticket-tv-appearances-speaking-making-7-figure-income-clint-arthur/>