

# 271: Unlock Olympic-Level Performance

## 10 Point Checklist

### Dr. Greg Wells

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**

**"We need to slow down to speed up. We'll never access our ideation state if we're so busy."**

**DR. GREG WELLS**

# 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.**

- Slow down when life gets too busy. It's healthy to take a break and think about what's most important in my life so I can rework my mindset and priorities.
- Prioritize my mental health. Find ways to help me cope with what I'm currently dealing with. Try a few combinations of getting into a flow state, being mindful, and biohacking. If necessary, don't hesitate to consult with a medical expert.
- Learn more about the Alpha, Beta, and Theta [brain states](#). Being aware of what they are will help me analyze my emotions and find a more effective way of thinking.
- Discover what my triggers are. Take note of certain things or situations that cause a trigger in my thoughts and emotions so I know how to deal with them better next time.
- Focus on the good. A person becomes what they consume. If everything is filled with hatred, worry, and disappointment, that will be something I'll carry with me every day.
- Be more gentle with the way I speak to myself. Be more patient and forgiving. Realize I would never say the negative things I tell myself to a very good friend.
- Go on an adventure. I'll feel alive and brand new when I explore new sceneries and immerse myself in new experiences.
- Always look at the bigger picture and stay aware of my surroundings rather than focusing too much on my problems.
- Make the most out of my mornings. Start the day right with affirmations and project positivity the moment I open my eyes. That way, I set myself up for a positive day.
- Check out [VIIVIO](#), Dr. Greg Wells' new project, a lifestyle app and health tracker.

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

<https://www.getyourselfoptimized.com/unlock-olympic-level-performance-with-dr-greg-wells/>