

128: Finding a Higher Level Consciousness Through Extreme Biohacking and Spirituality, Part 2 of 2

9 Point Checklist

Luke Storey

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **9 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**

"Connectedness is understanding that there is an unseen hand that's making moves in the universe."

LUKE STOREY

9 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 9 steps that can move you closer to your goals – today.**

- Get rid of negative and disempowering thoughts. Instead, focus on my strengths and how to improve my skills.
- Pay attention to my peer group. Consider finding a new one with people who can challenge, influence, and mentor me to become better.
- Find out what my strengths are with StrengthsFinder 2.0. Knowing my strengths can help me determine how to be more productive in the workplace.
- Get to know my personality type in detail with the help of Myers-Briggs and Disc. These tests can give me information on how external and internal factors affect me as a person.
- Determine what influences me to take action with the Kolbe Assessment. This will help me understand how I handle to do lists from little tasks to big projects.
- Use these tests on job applicants and existing employees. This will help me decide where they fit in my company based on their strengths and personalities.
- Find a mastermind group that will help me reach my highest potential. Share it with others to help more people work on self-improvement.
- Prioritize self-love, self-worth and self-acceptance this year.
- Show up with a powerful intention to important events in my life. Believe in the law of attraction where a powerful intention gets a powerful outcome.

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

<https://www.getyourselfoptimized.com/finding-higher-level-consciousness-through-extreme-biohacking-spirituality-part2of2-luke-storey/>