

148: Accomplish a Year of Results in 90 Days

10 Point Checklist

Todd Herman

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**



“Doing more is not how you achieve. Focus on the few things that will actually grow your business.”

TODD HERMAN

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.**

- Stop making annual goals and create a 90-day goal instead. Choose a specific task that I can accomplish in the next 90 days and make sure I do it.
- Focus on a few important things that can actually grow my business or improve my life rather than trying to do everything at once.
- Prioritize my responsibilities from least to most important and create a sequence on how I can tackle them during my day.
- Evaluate my daily routine and observe how I spend my day since my daily activities pave the way to a better future.
- Gradually scale and avoid putting all my eggs in one basket. Climb the ladder to success one step at a time.
- Build a business model or system my team can realistically execute. Projects are much more productive when everyone understands each other's role.
- Strengthen my relationships with all the people around me – my family, friends, business partners, clients, and employees.
- Let go of things beyond my control. Don't stress out when I don't have the power to change things. Focus on putting in my best effort in everything I do.
- Ask myself how something is impacting my life and if it's worth doing it for the long run. This will help me focus and prioritize better.
- Always look at the big picture and focus on the long-term. If something seems unproductive or unhelpful, the best thing to do is let it go.

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

<https://www.getyourselfoptimized.com/accomplish-a-year-of-results-in-90-days-todd-herman/>