

158: Emotional Range, Awakenings, And Brain Training

10 Point Checklist

Dominick Quartuccio

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**



"It's only when an outside force thrusts itself upon us that we wake up from our slumber making it the most transformative moments of our life."

DOMINICK QUARTUCCIO

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.**

- Develop my brain through various exercises, biohacks, consultations, and mindfulness activities. Check out the Mindset and Biohacking categories on Get Yourself Optimized to get more tips from previous episodes.
- Be aware of “drift” by following these three steps: creating awakenings, disrupting myself and designing the future that I want to live in.
- Spend less time on my phone with the help of an app called Moment. It helps track my screen time so I become more conscious of my daily time usage.
- Read Napoleon Hill’s world-renowned books Think and Grow Rich and Outwitting the Devil to learn more about the concepts of drift and what I can do to eliminate that state from my life.
- Protect my brain from EMFs by taking all the electronic devices out of my room when I sleep. Painting my walls with EMF blocking paints will also help to protect me.
- Spend at least 15 minutes of intentionality a day by creating a morning routine that involves stretching, meditation and checking in with my loved ones before I read my emails or do work.
- Check out Hal Elrod’s SAVERS methodology to help me focus on mindfulness, progress and productivity. SAVERS stands for Silence, Affirmations, Visualizations, Exercise, Reading and Scripting/Journaling.
- Exercise and maintain a physically fit lifestyle. Staying active helps with brain development and mental health as much as physical health.
- Maintain a conscious and awakened mind and be aware of what the universe is trying to tell me. Sometimes signs are subtle and I must remember not to ignore them.
- Grab a copy of Dominick Quartuccio’s book, [Design Your Future: 3 Simple Steps to Stop Drifting and Take Command of Your Life](#).

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

<https://www.getyourselfoptimized.com/emotional-range-awakenings-and-brain-training-with-dominick-quartuccio/>