

# 163: Elevate Your Market and Your Marketing

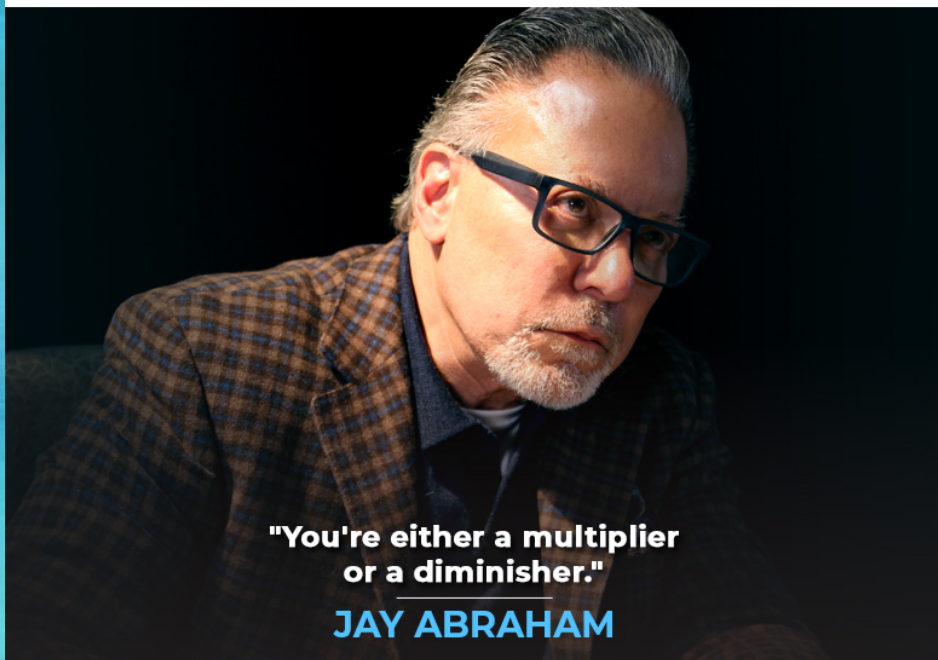
## 10 Point Checklist

**Jay Abraham**

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**



**"You're either a multiplier  
or a diminisher."**

**JAY ABRAHAM**

# 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.**

- Focus on leadership building. Collaborate with people that share the same mindset and passion for growing and developing others.
- Be willing to spend the time to gain knowledge in a market or product that interests me.
- Understand what greatness means for me. Visualize what my desired future would look like and identify the skills that will lead me there.
- Take measured and informed steps when figuring out the paths to grow in different areas.
- Challenge myself in experiencing things where I feel fulfilled but are new and is out of my comfort zone.
- Surround myself with people that constantly inspires me and believes in me.
- Don't fall into the trap of perfection but aim to be a better version of myself every day.
- Continuously evaluate myself to make sure that I'm following my true north and not somebody else's. Take the time to reflect on my core values and goals in all aspects of my life.
- Slow down and be more present. Make sure that I have a self-care regimen whether it be massage, reading a book, or just watching a show that I like.
- Grab a copy of Jay's books [Getting Everything You Can Out of All You've Got](#), [The Sticking Point Solution](#), and [Recession Proofing Your Business](#) and learn how to elevate my marketing today!

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

<https://www.getyourselfoptimized.com/elevate-your-market-and-your-marketing-with-the-legendary-jay-abraham/>