

172: Reinventing Yourself

10 Point Checklist

John Romaniello

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**



"One of the primary goals of radical honesty is to eliminate ambiguity and to get to the heart of clarity."

JOHN ROMANIELLO

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.**

- Be present when you talk to people suffering from depression. Listen compassionately without judgment.
- Don't put the weight on someone to reach out but make the effort yourself to do it and show up.
- Research on psychedelics like MDMA and identify its benefits in treating mental illnesses.
- Aim to experience psychedelics with a very specific goal and with guidance from someone who's experienced with it.
- Accept and embrace the fact that depression may not be completely cured. What I can do is recognize the symptoms and take preventive measures to get through it.
- Recognize that everyone will have different experiences towards drugs or substances. Ramon says that taking psychedelics is not escaping your reality but deepening your experience of that reality.
- Develop a habit of being radically honest. It's essentially the unwillingness to lie, to tell uncompromising truth no matter what.
- Practice and master the art of writing. Hemingway says to overcome writer's block, you only need to write the truest sentence that you know.
- Enhance my writing skills by participating in Roman's Wellspring Writing Intensives at JohnRomaniello.com.
- Grab a copy of Roman's book called [*Man 2.0 Engineering the Alpha*](#) and truly achieve the greatness that you're born with.

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