# 193: Thinking and Growing Rich

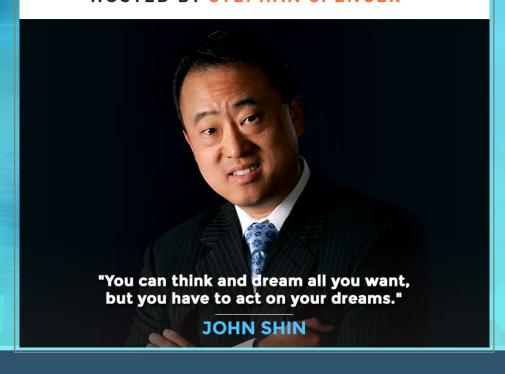
### 10 Point Checklist

# John Shin

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**



## 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.

	Foster the burning desire and hunger within myself because that fuels me to do other things and it's the starting point of all achievement.
	Support John's charity for kids and child prosperity centers which are in ten locations in six countries. Using my money in a good way like supporting charities and extending resources to people who are struggling is very fulfilling.
	Be mindful of my thoughts because the way I feel every day will influence the way I act, and the way I act will determine the results.
	Get the results I want by internalizing and applying the ACT formula which stands for appropriate action, consistency, and tenacity.
	Act on my dreams and don't let anybody else try to hijack them. Remind myself that I don't need anybody's approval or their validation.
	Know my purpose so I can make a difference in my life. That purpose is something that I would want to do for the rest of my life even if I didn't get paid.
	Read or revisit Napoleon Hill's book, <i>Think and Grow Rich</i> , and learn something new every time.
	Participate in John's world tour which is a two-day event with speakers like Kevin Harrington, Mario Lopez, and Dr. Bill Dorfman, among others. Get tickets by going to <a href="https://www.TGRWorldTour.com">www.TGRWorldTour.com</a> .
	Get a hold of John's book, How Rich Asians Think and Grow Rich: A Napoleon Hill Foundation Publication by visiting <u>TGRAsianChoice.com</u> or ordering online at <u>Amazon.com</u> or at any of the tour events.
	Check out John's Instagram @JohnShinOfficial or visit his website, <u>JohnCShin.com</u> , for some free resources.
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https://www.getyourselfoptimized.com/thinking-and-growing-rich-with-john-shin/