

# 157: Reprogram Your Mind

## 10 Point Checklist

### Marty Weintraub

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**



**"Train your mind to process everything  
and take back control over it."**

**MARTY WEINTRAUB**

# 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.**

- Keep exploring my talents and the things that I am good at. Doing something I am driven and passionate about can help me become profitable, happy and fulfilled.
- Visualize the future that I want. The mind achieves whatever it's set out to do.
- Analyze instances of chronic invalidation in my childhood. These may affect my present physical and mental health.
- Protect my children from chronic invalidation. Ensure that they are surrounded by well-rounded values and teach them to cope with life.
- Remain present at all times. When people ruminate on the past or future, they emit difficult emotions.
- Be aware of my thought patterns. If there is instability, use available help and resources to fix it.
- Take action NOW. Go after my dreams or take the first step in asking for help. There's no better time to take action than the present.
- Research more about DBT (Dialectical Behavioral Therapy) and CBT (Cognitive Behavioral Therapy) and what they can do to help people overcome the tendencies of self-harm.
- Challenge myths about mental health by keeping myself educated and updated. Consume relevant content such as books, research, and interviews before trying different approaches.
- Learn to stop when things get out of hand. Sometimes stopping will help me get going. Clear my calendar, set aside work and just pause because nothing should be more important than my mental health.

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

<https://www.getyourselfoptimized.com/reprogram-your-mind-with-marty-weintraub/>