

165: Breaking The Mentality Of Scarcity


10 Point Checklist

Sharon Lechter

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**



"At the end of the day, you're either
a master of your money or a slave to it."

SHARON LECHTER

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.**

- Breakthrough from the shackles of fear and step out from self-imposed limiting beliefs.
- Reframe negative thoughts and choose to be positive. Always look for the benefits in every circumstance.
- Take control of my thoughts and actions. Don't be a drifter who just goes with the flow but let my burning desire drive me to my destiny.
- Focus on my goals instead of my fears. Fear will only hold me back and undermine my highest potential.
- Ask myself, "Am I proactive or reactive?" What I choose will determine my course of actions and my future.
- Be in charge of my own destiny. Chart my own course and never let someone decide that for me.
- Recognize the importance of income generating assets. Focus my energy into creating assets that will generate revenue.
- Aim to be financially free. Financial freedom happens when the income from my assets exceed my monthly expenses.
- Determine the destiny that I want to focus on. I am the CEO of my own life and the choices I make today will define my future.
- Grab a copy of Sharon's co-authored books [Rich Dad Poor Dad](#), [Outwitting the Devil](#), and [Three Feet from Gold](#) and create the life that I truly deserve today.

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

<https://www.getyourselfoptimized.com/breaking-the-mentality-of-scarcity-with-sharon-lechter/>