165: Breaking The Mentality Of Scarcity

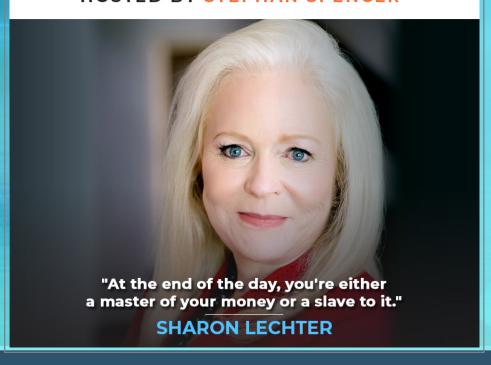
10 Point Checklist

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



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