

# 279: Masterful Storytelling

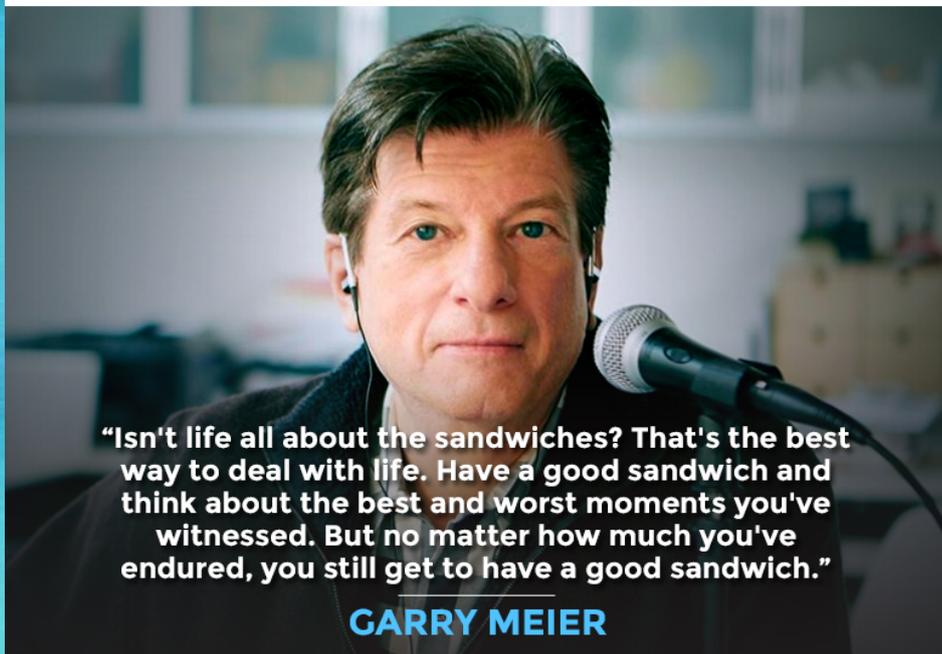
## 10 Point Checklist

**Garry Meier**

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**



**“Isn't life all about the sandwiches? That's the best way to deal with life. Have a good sandwich and think about the best and worst moments you've witnessed. But no matter how much you've endured, you still get to have a good sandwich.”**

**GARRY MEIER**

# 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.**

- Make a personal promise to enjoy what I do. Podcasting is a passion, and if it's something I don't love doing, it will not be worth putting in the hard work and effort.
- Have a presence of mind when things go south in the middle of an interview. Sometimes things don't go according to plan, and that's okay. What's important is being quick to regain composure and move on with the show.
- Balance what I share in public. Consider other people's feelings when sharing a story that involves someone else on air. It's best to ask their permission before doing so.
- Be professional in everything I do. Show up on time, deliver what was promised, and treat everyone with respect and dignity.
- Prepare, prepare, and prepare. Do some thorough research about my guests before even reaching out to them to see if they are a perfect fit for my show's branding.
- Make my guests feel welcome and special during the interview. Even if it's done online, let them feel comfortable enough to share some of the best stories and insights.
- Find the best guests. Prepare a stellar dream guest list that contains all the people I'd love to be on my show. No matter how affluent or high-stakes they are, having their names on that list can serve as my standard when searching for amazing guests.
- Review my past interviews and use them as a basis to keep improving my craft. Consider some of my audience's feedback in finding ways to create a better show for them.
- Remain authentic in everything I say and do. Let my personal branding shine and never lie or pretend to my audience.
- Check out the Gary Meier Show.

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

<https://www.getyourselfoptimized.com/masterful-storytelling-with-garry-meier/>