

276: From Twice Bankrupt to 9 Figures


10 Point Checklist

Suzy Batiz

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**



“The only time you fail is not when you lose everything. It’s when you realize you didn’t like who you were and you didn’t have a good time doing it.”

SUZY BATIZ

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.**

- Focus on the good. Whatever I center my energy on becomes proliferous in my life. If I focus on positivity, positive things will happen.
- Meditate. When the mind is restless, it can be trained to stay still. Meditating helps in clearing cloudy thoughts. However, it's a commitment and not a one-time thing. Once I start meditating, I should maintain the lifestyle for constant growth and self-development.
- Release the victim mentality. Take full responsibility for my own actions, never wallow or succumb to self-pity and just carry on. Life is full of hurdles and detours. The fastest way to get to my destination is to keep going.
- Accept that failure is part of the journey. Most of the successful people today have failed multiple times in their life. Let my mistakes serve as lessons, so I keep getting better every step of the way.
- Don't be afraid to start over again. Sometimes unforeseen and unfortunate circumstances may bring people down or leave them with nothing. Instead of giving up, find the courage to rise again.
- Respect the energy around me. Everything, even our own thinking, is energy. I am fully responsible for how I want my vibration to be and how I let it affect those around me.
- Look for resonance in everything. We are put in this world with a purpose, and everything happens for a reason. Make sure everything I do is meaningful to me.
- Keep searching for things that help me grow and make me feel alive. Explore new ways to keep going. There's so much more to discover and learn in this world.
- Have fun! Keep doing the things I love, choose the right people I share my love with, and never stop loving myself.
- Check out [Suzy Batiz's website](#) to learn more about her life-changing coaching program.

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

<https://www.getyourselfoptimized.com/from-twice-bankrupt-to-9-figures-with-suzy-batiz/>