

283: A Miraculous Stroke Recovery

10 Point Checklist

Sean Entin

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**



"I can, I shall, I will."

SEAN ENTIN

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.**

- Learn more about the symptoms and implications of a stroke. A stroke can have a major impact on my life and are quite common. Knowing more about strokes can help me seek preventative care or treatment.
- Do my best to be prepared for emergencies. Sometimes the unexpected happens. It's best when I can take matters into my own hands, even at my worst moments. A little knowledge of first-aid can go a long way.
- Don't settle until I have achieved my goal. Finding the right methods, ideas, and people can take time. If something doesn't give me the satisfaction of finding what I'm looking for, there's going to be something or someone else who can.
- Do some research on cannabis and its health benefits. There is a lot of medical evidence on the benefits of cannabis and its positive effects on the body.
- Try eating a plant-based diet. Nourish my body with organic food and consume more fresh fruits and vegetables than meat.
- Keep physically active. Regular exercise is still vital even after physical trauma or injury. A few light movements when in pain or a good therapy session can help improve motor skills.
- Look for charities that can support you if you're ever in need and finances and resources are scarce. Various organizations have established funding for cases like this.
- Research support charities that help people who are struggling. Find an organization that resonates with me to donate to or volunteer with.
- Be more compassionate. It's a lot easier to feel sympathy when I've experienced firsthand what others are going through. Spread some light and let others feel heard and supported in times of need.
- Be patient with recovery time. Understand that there's always room to grow and the road to healing takes one step at a time.
- Share my story to inspire and uplift others who are going through the same things as I have.
- Visit [Sean Entin's website](#) to learn more about his initiatives and tune in to his podcast, Adventures in Health.

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

<https://www.getyourselfoptimized.com/a-miraculous-stroke-recovery-with-sean-entin/>