

287: Harness the Power of Gratitude

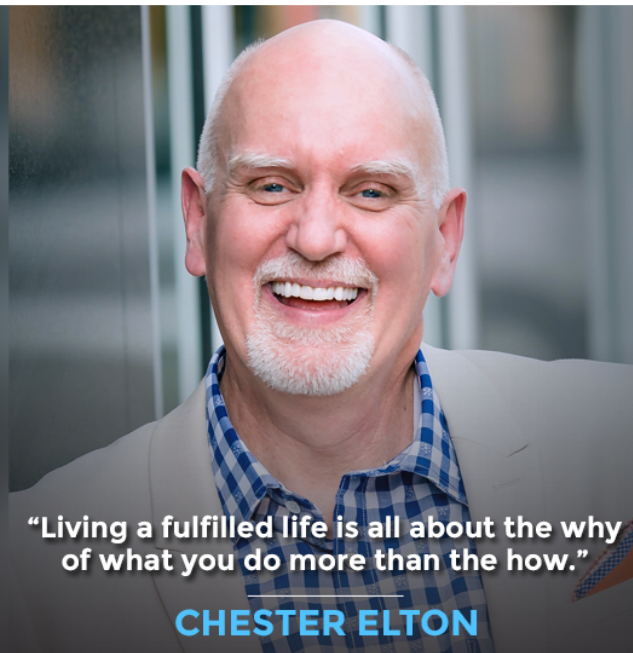
10 Point Checklist

Chester Elton

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**



“Living a fulfilled life is all about the why of what you do more than the how.”

CHESTER ELTON

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.**

- Treat life as a learning experience. Everyone I meet, every moment I experience, whether good or bad, imparts a lesson that helps complete my understanding of what it is to be human.
- Accept that failures will always be part of my journey. Take challenges with a grain of salt and treat them as learning moments, not mistakes.
- When I'm stuck, try looking at the situation from another angle. It's all about perspective. Understand that life is full of possibilities and opportunities, but they only show up when one is actively seeking them.
- Become a much better listener. Be more present and fully immersed in the moment with everyone I interact with. Say hello in a more sincere way. Ask people how they are and truly listen to what they are saying.
- Appreciate the little things. Focus on what brings me joy and peace. Remain grateful and refrain from taking things for granted.
- Create a better home life. What happens at home affects my happiness. Promote peace and harmony within my house and establish a space of security for my loved ones and myself.
- Keep things simple and lead an uncomplicated life. Don't clutter my space with things I don't need. Cut out people in my life who aren't good for my mental health. Last but not least, watch what I consume: the food, information, and thoughts I let in.
- Make sure to stretch daily. A good stretch first thing in the morning has a lot of health benefits, physically and mentally.
- Do activities that promote mindfulness, such as yoga, meditation, prayer, journaling, reading, and personal reflection through writing.
- Visit Chester Elton's [website](#) to learn more about how to maintain a highly attuned, highly engaged lifestyle.

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

<https://www.getyourselfoptimized.com/harness-the-power-of-gratitude-with-chester-elton/>