

291: Business Coaching from the Beyond

10 Point Checklist

Erik Luhrs

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**



“You have access to all the resources you need to achieve what you want in life. You just have to find them and, when you do, be able to use them to your advantage.”

ERIK LUHRS

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.**

- Work on the things I am the most passionate about. It matters that I care about my business. Make it my mission to help spread light to my clients and employees.
- Search for a deeper meaning in what I do. Reflect on my decisions and evaluate whether my current actions are financially, emotionally, and spiritually sustainable.
- Aim to make my business profitable but don't focus too much on money. There are more important things, such as helping my employees find purpose in their work and letting them grow under my wing.
- Pause to see different perspectives beyond the big picture. Reflect on my company's impact on a wider social and environmental scale. We all have one home, and we need to take care of it.
- Choose happiness. It's important to love what I do because when situations become challenging, I know what I've built is something worth fighting for.
- Aim for the kind of feeling I want to achieve rather than tangible, material things. When I focus on how I want to feel after all the hard work, my achievements become more rewarding and long-lasting.
- Free myself of the opinions of others. Listen to constructive criticism and take customer feedback to heart but never let negativity faze me, especially if it's just noise from non-supporters.
- Prioritize my physical, mental, and spiritual health. Being an entrepreneur is a demanding job. Many people are looking up to me; I need to make sure I'm healthy enough to be of service to them.
- Nourish my personal relationships. Spend time with my loved ones. Through proper delegation and with the right key people in my team, I can be better to my family.
- Check out Erik Luhr's [website](#) to learn more about revenue generation and join his Facebook group, [Revenue Kung Fu](#).

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

<https://www.getyourselfoptimized.com/business-coaching-from-the-beyond-with-erik-luhrs/>