

# 289: Live Life Undaunted

## 10 Point Checklist

### Kara Goldin

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 didn't have everything figured out. I had failures along the way, but I knew my only options were to figure out another way and not give up."**

**KARA GOLDIN**

# 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.**

- Spark more curiosity in my life. Care more about the things I'm interested in. Let my inquisitive mind lead me to something big.
- Deal with my fears, don't outrun them. Facing and leaning in to the things I'm afraid of is all part of my journey to become who I'm destined to be.
- Learn to turn criticism into motivation. It's impossible to please everyone. Sometimes people will not agree with what I do. It's best to focus on my supporters and take their constructive feedback to heart.
- Rather than seeing limits, see possibilities. Harness the power of positive thinking.
- Remember that answers can come from anywhere if someone is receptive. When I am constantly looking for opportunities, more will appear before me.
- Keep conversing with people no matter who they are or where they're from. Everyone I meet is an opportunity to learn and discover new things.
- Be comfortable with the uncomfortable. Everything I've always wanted is outside of my comfort zone.
- Let challenging times be a means of learning. When stuck in a rut, take time to pause, see things from a bigger perspective, and have the courage to unlearn in order to learn.
- Hire people who are better than me. A company composed of highly qualified and competitive individuals is the key to success and longevity.
- Grab a copy of Kara Goldin's book, [\*Undaunted: Overcoming Doubts and Doubters\*](#).

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

<https://www.getyourselfoptimized.com/live-life-undaunted-with-kara-goldin/>