

293: Lifestyle Over Business

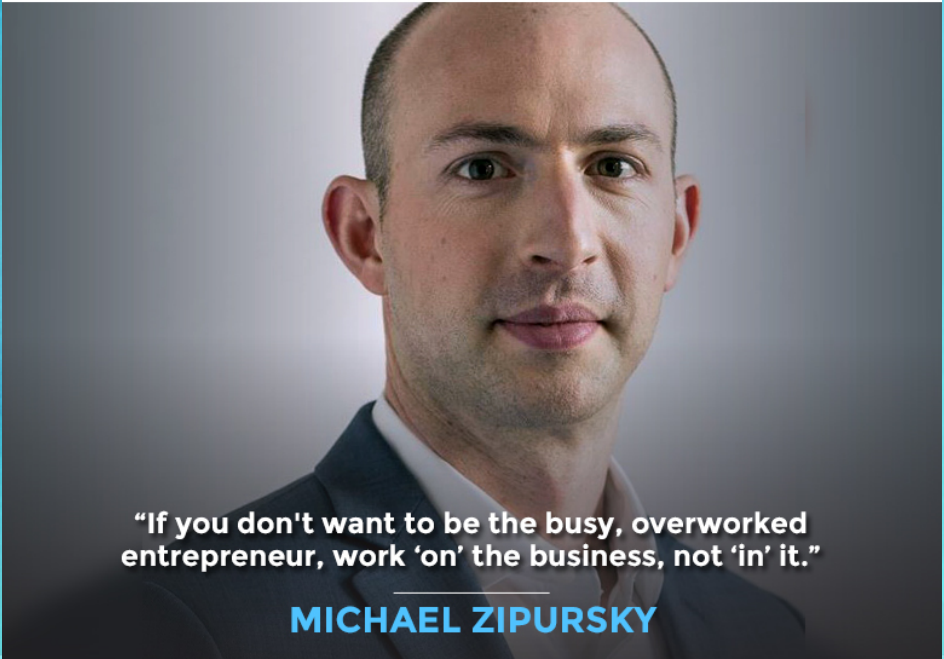
10 Point Checklist

Michael Zipursky

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**



"If you don't want to be the busy, overworked entrepreneur, work 'on' the business, not 'in' it."

MICHAEL ZIPURSKY

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.**

- Find out what I'm good at and focus on it. Instead of looking too much at my weaknesses and making excuses for them, nurture and improve my skills and talents instead.
- Don't spread myself too thin. It's important to set boundaries, know when to say no, and give myself space to rest and recharge.
- Work with people who support and uplift me, and vice versa. It's vital to be in a community that looks out for each other.
- Be wise in my decision-making. Running a company can have several roadblocks. I must be strong and level-headed enough to tackle these challenges.
- Teach, recommend, and share valuable content. People get what they give but never ask anything in return. Just help for the sake of helping out.
- Highly value time management. Time is the only resource I cannot replace. Be careful about who and what I spend it on.
- Establish SOPs for the business to run more efficiently. Determine which operations can be automated to save on time and overhead costs.
- Prioritize developing my mindset and spirituality. When I am more in tune with my inner thoughts and being, I become a better person for myself and others.
- Delegate low-level tasks and focus on the business' bigger picture goals. Hire dedicated staff who share the same values as mine for a more harmonious work environment.
- Grab a copy of Michael Zipursky's book, [*ACT NOW: How successful consultants thrive during chaos and uncertainty*](#).

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

<https://www.getyourselfoptimized.com/lifestyle-over-business-with-michael-zipursky/>