

317: Becoming the DJ of Your Life

10 Point Checklist

Barry Goldstein

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**



“We all have different definitions of healing. So I look at it not just the physical body, but I’m looking at four pieces of a pie: physical, mental, emotional, and spiritual.”

BARRY GOLDSTEIN

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.**

- Use music to relax. Listen to instrumental music to transition into a relaxed state, especially before sleeping. Choose music with 60 to 70 beats per minute.
- Be mindful. My mind can negatively affect my body. Focus on positive thoughts and avoid creating stress in my body.
- Have good intentions. Do good deeds both internally and externally. Act with purpose and don't only focus on outward appearances.
- Work on me. Doing inner work allows me to get to a higher vibration. Then, when I'm fully healed, I can put more positive energy out into the world.
- Ask better questions. The quality of the answers I will get is dependent on the quality of my questions. Therefore, formulate more exemplary queries for my growth.
- Trust my intuition. Connect with the unseen world and be open to receiving guidance and inspiration.
- Try playing the drum. Drumbeats can call me back to my internal heartbeat. I can use the rhythm to get relaxed or more attentive, depending on the pace.
- Take time to quiet down. Connect to something beyond myself and allow ideas to pop into my head. Let blockages dissipate as I open up my creative state.
- Develop a musical meal plan. Use music to set my mood throughout the day. Pick at least one appropriate piece for each time of the day, preferably near mealtimes.
- Visit Barry Goldstein's [website](#) to learn more about his work. Then read [his book](#) to know more about the different processes and research for music.

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

<https://www.getyourselfoptimized.com/becoming-the-dj-of-your-life-with-barry-goldstein/>