

334: The Heroic Life

10 Point Checklist

Brian Johnson

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 optimize three aspects of our lives:
energy, work, and love."**

BRIAN JOHNSON

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 the answers many are seeking today, learn more about the connection of Ancient Wisdom with Modern Science. Many recent advances are heavily influenced by the discoveries and beliefs of the past.
- Become familiar with the works of ancient stoics such as Marcus Aurelius, Epictetus, etc. Their old ideologies can help me understand how the world is the way it is today.
- Get to know the works of modern philosophers as well. Brian recommends reading the Daily Stoic by Ryan Holiday.
- Practice regular meditation and breathwork. Doing these at least an hour daily is the goal, but starting at a few minutes every other day is a good start.
- Think about my top three heroes or inspirations and internalize what they would say to me if we get to have a heart-to-heart conversation. This is a game-changer.
- Always start and end my day with intentionality. Declare my affirmations as soon as I wake up and witness the power it holds over my day.
- Embody the ideas that promote wisdom, self-mastery, courage, and love. Then, share the good news with others, so they get to do it for themselves too.
- Pay attention to messages sent by nature, the animals, and my guides. Sometimes they only appear when we choose to see them.
- Learn the art of zero attachment. The secret to happiness is to accept things as they are, whether good or bad.
- Get the \$1,000 Optimize Coach program for just \$300 (and bring a friend for free). Check it out and join now: bitly.com/opticoach (disclosure: that is an affiliate link)

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

<https://www.getyourselfoptimized.com/the-heroic-life-with-brian-johnson/>