

335: How to Live an Unlimited Life

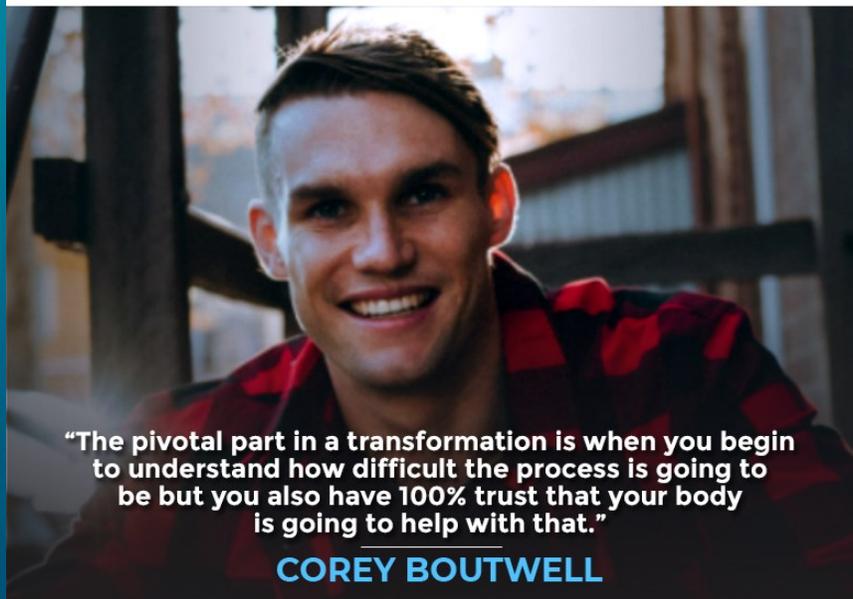
10 Point Checklist

Corey Boutwell

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**



“The pivotal part in a transformation is when you begin to understand how difficult the process is going to be but you also have 100% trust that your body is going to help with that.”

COREY BOUTWELL

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.**

- Make optimizing the brain and energy a priority. It's better to start small and work my way from there than do nothing about my health at all.
- Visualize my success. Begin with a solid 'why' in mind, let that serve as the foundation for everything I do, and be inspired by those who've already made it.
- Commit to at least 30 minutes of physical activity every day. Find what suits my lifestyle and preferences best. It can be walking, yoga, dancing, running, Crossfit, weight lifting, etc. Keep moving and make it enjoyable.
- Get into Biohacking. Try out some activities or hacks that can take my overall health to a new level. Biohacking aims to promote longevity and vitality inside and out of the body.
- Fast every now and then. It's important to be on top of my nutrition. A regular schedule of fasting can help reset and regulate my digestive system. Although, make sure that it is something my body can handle.
- Stock the pantry with foods that are rich in antioxidants, vitamins and minerals. Incorporate these ingredients into my daily diet.
- Make time and space to reflect and meditate. It's impossible to achieve a healthy body when the mind isn't performing its best.
- Change old habits that don't serve or benefit me. List what I want to change about myself and start with one habit a day and then level up as I begin to master it.
- Associate with like-minded individuals. Choose my core groups wisely. The people I surround myself with have a lot to do with my success
- Follow Corey Boutwell's journey, podcasts, programs and events by visiting his [website](#) and following his all work listed down on this Get Yourself Optimized episode's links and resources.

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

<https://www.getyourselfoptimized.com/how-to-live-an-unlimited-life-with-corey-boutwell/>