

338: Living a Life Worth Remembering

10 Point Checklist

Dan LeFave

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**



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.**

- Look at things in the world differently. Don't just accept things but ask questions and challenge myself in situations.
- Always look at the bigger picture. By developing a complete perspective of a situation, I can make decisions that drive long-term results and can help me advance in life.
- Do some soul searching. Figure out my purpose, motivations, and what I need to change in my life to live in greater alignment with my true self.
- Live with faith, family, friends, fitness, and finances. Put finances at the end. Do not worship money or allow it to control me.
- Clarify my values and principles. When I have that, I can always say "No" to anything that goes against them.
- Start journaling. Write down what I'm thinking and what's going on. Make my writing time my personal relaxation time.
- Formulate affirmations and say those every single day. Affirmations can motivate me to act on certain things and help me concentrate on achieving my goals in life.
- Learn to let go. If I keep holding on to things, then I will remain stuck in the past, and I won't be able to bring something new in my life that will make me a better person.
- Always be grateful for all the things life brings. That's the approach that I should take instead of criticizing, condemning, and judging.
- Check out Dan LeFave's [12-Week Focused Productivity Planner](#). It is a planning system that enables you to get your career, health, well-being, and relationships into, not necessarily a perfect place, but in a position so you can say, "That was a good day." Also, visit his [website](#) to get in touch with him and get some insight.

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

<https://www.getyourselfoptimized.com/living-a-life-worth-remembering-with-dan-lefave/>