

# 358: Trade Crypto Consciously

## 10 Point Checklist

Wendy O

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**



“Investment is risky no matter what form it is. It’s vital to be smart about every decision not only mentally, but also emotionally and spiritually.”

**WENDY O**

# 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.**

- Cut out toxic people in my life. These people don't have good intentions and don't care about me. Instead, surround myself with people who will lift and support me.
- Show kindness to people around me. Love people for who they are and accept them despite their flaws. Always look for the good instead of the negative things.
- Share my life and entrepreneurial journey with others. The lessons I've learned can teach them how to navigate life and their business. It's important to go back and talk about the hard times so that they will know the sacrifices to achieve success.
- Set boundaries. When I'm clear about my boundaries, people will understand my limits and know what I'm ok or not ok with. The people who don't respect my boundaries are ones I may not want in my life.
- Listen to my intuition. My intuition will help me avoid unhealthy relationships and situations.
- Learn how to read people well. The ability to read others will greatly affect how I deal with them. When I understand how another person feels, I can adapt my message and communication style to ensure it is received in the best way possible.
- Figure out how give and take works. Develop a more giving outlook in life as it stimulates creative effort, engagement and success. As a result, people are more likely to help me when I'm in need and will see me as an asset, an ally, and a good investment.
- Don't let other people dictate what I'm going to do. If I'm doing something good, have honest intentions, and am making a difference, it doesn't matter what other people say.
- Figure out what I'm good at. Knowing my strengths and passions can provide a sense of purpose and direction that brings new focus to my life and provides stability in times of uncertainty.
- Surround myself with like-minded people. The best thing about finding like-minded people is that it allows me to be myself. I can enter the space without fear of judgment, and this kind of transparency breeds amazing friendships.
- Visit Wendy O's [website](#) to learn more about investing, trading, and cryptocurrency. Also, follow her on her social media accounts ([Twitter](#), [TikTok](#), [Instagram](#), [Youtube](#)).

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

<https://www.getyourselfoptimized.com/trade-crypto-consciously-with-wendy-o/>