

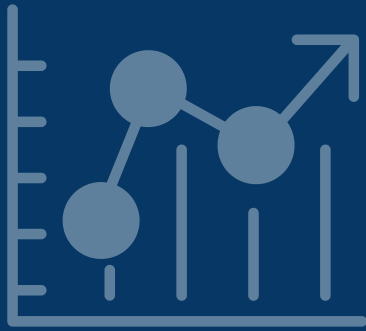
Unlocking the Power of Masterminds with Stephan Spencer

www.getyourselfoptimized.com/361



10 Step Checklist

- Invest in myself. Warren Buffet states, "the best investment you can make is an investment in yourself. The more you learn, the more you'll earn."
- Invest in high-level masterminds. A mastermind group can significantly help shape my life, personality, and business. It intends to help each other solve problems and develop through input and advice.
- Don't be discouraged when I don't achieve any breakthrough in a mastermind. Breakthroughs happen at one's own time and pace.
- Let go and let God. Allow the universe to unfold and present me with the people I need to meet at the right time, in the right way, and the right place.
- Create a relationship vision. Be specific about who I and my soulmate will be, how we'll both show up and how the relationship will blossom.
- Always remember that money is energy. Work and business involve a lot of energy, and it should be respected and valued no matter how small the effort is.



"Money is energy. You can give it away to generate value. You can also give something for free to create money in return."

-STEPHAN SPENCER

- Learn to forgive. Forgiveness can lead to feelings of understanding, empathy and compassion. It doesn't mean forgetting the harm others have done. Instead, it's a means to bring peace as I go on with life.
- Try to see the bigger picture in every situation. While focusing on details is important, taking a step back and seeing the bigger picture from time to time is imperative. This will help me understand where I'm heading and give me a clearer vision of my goals.
- Be open to receiving spiritual epiphanies. There's more to this than the physical, tangible stuff I see, taste, touch, and feel. It's magical when I open up to serendipities, synchronicities, etc.
- Have the freedom to choose the client I want. Don't force myself to work with clients that don't bring me joy, aren't adding massive value in the world, and aren't a vibrational match to me.

For the complete interview, transcript, and important links, visit www.getyourselfoptimized.com/361

Thank you!