

# 374: Mindful Living

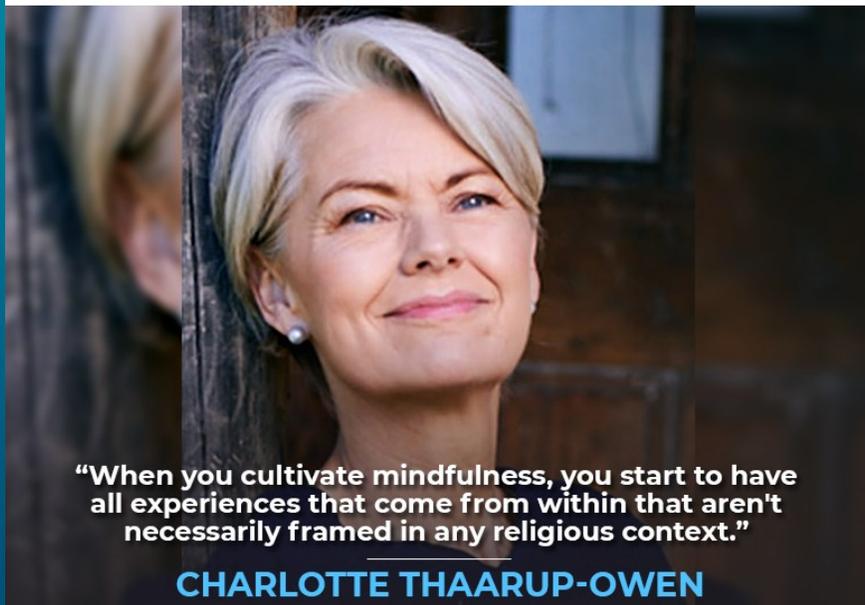
## 10 Point Checklist

### Charlotte Thaarup-Owen

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**



**“When you cultivate mindfulness, you start to have all experiences that come from within that aren't necessarily framed in any religious context.”**

**CHARLOTTE THAARUP-OWEN**

# 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 time for mindfulness. The more time I spend practicing each day, the faster I will see the benefits.
- Practice self-care. Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, increase happiness, and more. In addition, it can help you adapt to changes, build strong relationships, and recover from setbacks.
- Be in tune with what I need. Self-care varies, so I should know what I need – whether that's a run, a bit of sun, a hug, good food, or dancing.
- Take life easy and one step at a time. Life is not just about pursuing goals but is about how I travel through life.
- Spend time on a hobby. It can be restorative or purposeful with the intention of allowing myself to excel in something else other than work or studies.
- Start journaling. Nothing clears the mind quite like putting pen to paper. Journaling can be really good, especially if I'm feeling very cluttered in my mind or struggling emotionally.
- Be clear on the benefits of the changes. Connect with how it will feel when I make the changes. This is enhancing the big picture and long-term views.
- Break the change into tiny bits. For example, if ten minutes of mindfulness training is too much, commit to one minute daily. If walking for 30 minutes is too much, then initially commit to just 5 minutes.
- Don't berate myself when I don't get it right the first time. Changing habits is a bumpy road, an ongoing experience. Be curious, kind and spacious in this process.
- Practice mindful eating. Being mindful of the food I eat can promote better digestion, keep me full with less food, and influence wiser choices about what I eat in the future. It can also help me free myself from unhealthy habits around food and eating.
- Visit The Mindfulness Clinic's [website](#) to learn more about Charlotte Thaarup-Owen's services and access her free mindfulness resources.

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

<https://www.getyourselfoptimized.com/mindful-living-with-charlotte-thaarup-owen/>