

391: Design Your Best Health Regimen

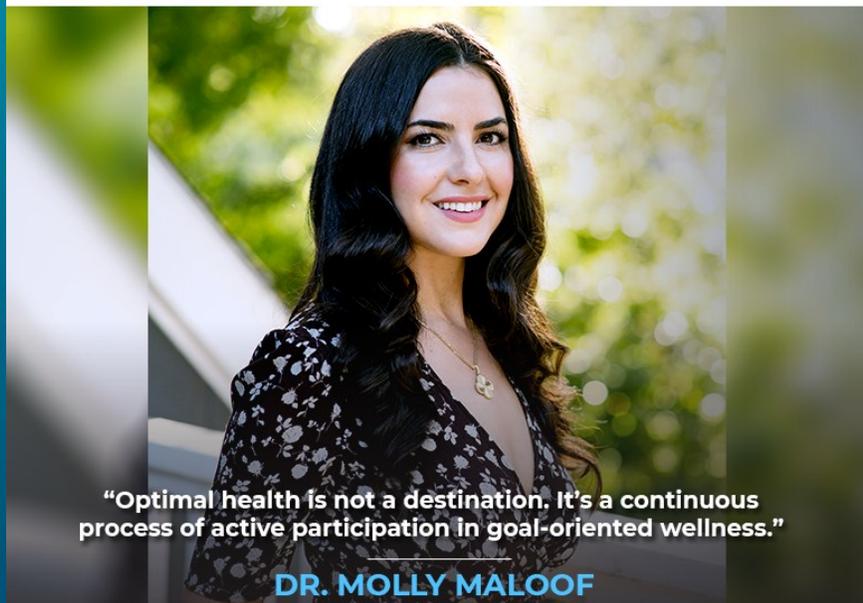
10 Point Checklist

Dr. Molly Maloof

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**



“Optimal health is not a destination. It’s a continuous process of active participation in goal-oriented wellness.”

DR. MOLLY MALOOF

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.**

- Practice mindfulness to help me manage stress, cope with serious illnesses, and reduce anxiety and depression. Mindfulness practices include reading spiritual texts, journaling for 5 minutes, practicing some self-compassion mantras, and meditation.
- Reflect on all of the positives in my life and experience gratitude. Gratitude will help me feel positive emotions, relish good experiences, improve my health, deal with adversity, and build strong relationships.
- Maintain a good sleeping schedule. Mind my circadian rhythms by being careful about evening screen time. Quality sleep is unbelievably important for optimal health.
- Nourish my body with healthy foods. Eating nourishing food is one of the most basic ways to support physical and mental health. Good nutrition will help me heal, fight illness, move well as I age, and protect my mental health against the stresses of life.
- Exercise regularly. Physical activity can improve my brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve my ability to do everyday activities.
- Plan out my supplement regime. Vitamins and minerals are essential in helping my body develop and function as it should. Planning and sticking to my supplement routine will allow the nutrients to build in my system so my body can absorb them.
- Make a conscious effort to connect with my family and friends. Strong ties with family, friends and the community will provide me happiness, security, support and a sense of purpose. In addition, being connected to others is important for my mental and physical well-being.
- Create healthy habits. Healthy habits are essential to my overall health. They can make or break my chances to achieve and maintain my lifestyle goals. Healthy habits can help me stick to an eating plan, exercise regularly, and manage diabetes/other medical conditions. They will also increase my quality of life and promote longevity.
- Pre-order Dr. Molly Maloof's new book, [The Spark Factor: The Secret to Supercharging Energy, Becoming Resilient, and Feeling Better Than Ever](#), to receive free gifts and exclusive offers.
- Visit Dr. Molly Maloof's [website](#) to get to know her better and learn more about her courses and services. Follow her on [Instagram](#), [Twitter](#) and [LinkedIn](#) for her latest updates.

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

<https://www.getyourselfoptimized.com/design-your-best-health-regimen-with-dr-molly-maloof>