

405: From Prison to Purpose

10 Point Checklist

Andre Norman

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**



“If we are mediators who bridge gaps and build connections with others, we can decrease violence in the community and cultivate a safer world.”

ANDRE NORMAN

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.**

- Recognize the light in other people. Remember that every individual possesses positive qualities, even people with dark pasts.
- Free myself from the burden of anger and create space for positive emotions. Forgiveness is not easy, but it is a powerful tool for personal growth and healing.
- Change my perception of others to enable profound interactions. If I see someone as my enemy, it will be difficult to see the good that also exists within them.
- Engage in mentally stimulating activities to maintain good mental health and well-being. Find activities that I enjoy and challenge me mentally.
- Tune in to God's voice to gain a deeper sense of purpose and meaning. This also gives me a greater sense of connection to a spiritual presence larger than myself.
- Reflect on what is truly important to me. Consider how my choices will impact my life and the lives of those around me. Making wise choices is a process, but I will also make mistakes — which is fine.
- Trust in my abilities, even when others may doubt or criticize me. If I believe in myself, I can create a meaningful and fulfilling life.
- Discover my purpose and stay open to new experiences and opportunities. Knowing my purpose creates a road map for my life that aligns with my values and goals.
- Use my voice to help others by speaking from my own experiences. I can offer an authentic perspective that resonates with others.
- Visit Andre Norman's [website](#) to learn more about his story and efforts to drive actionable social change.

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

<https://www.getyourselfoptimized.com/from-prison-to-purpose-with-andre-norman/>