

# 410: Spiral Dynamics

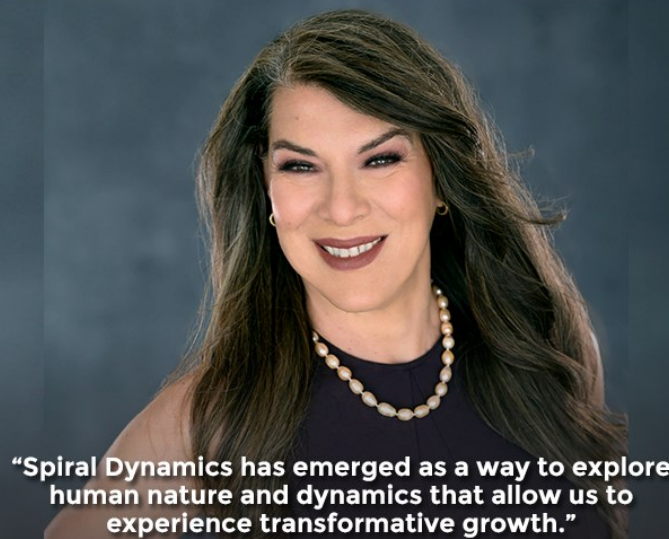
## 10 Point Checklist

### Natasha Todorovic-Cowan

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**



**“Spiral Dynamics has emerged as a way to explore human nature and dynamics that allow us to experience transformative growth.”**

**NATASHA TODOROVIC-COWAN**

# 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.**

- Consider incorporating personality tests into my personal growth journey. Embrace them as tools for self-reflection, expanding my understanding of others, and cultivating more harmonious and meaningful relationships.
- Recognize that I am a multi-layered, multi-dimensional, and complex being. This opens me up to a deeper understanding of my unique perspectives, emotions, and experiences.
- Embrace authenticity as a key to true understanding. I need to be authentic with myself and allow my thoughts, emotions, and beliefs to guide my interactions.
- Seek common ground and look for shared values, interests, or experiences to create connection with others.
- Be aware that my biases and assumptions may influence my perception of others. Challenge my assumptions and strive for unbiased understanding of people.
- Approach conversations with a genuine desire to learn from others. Ask open-ended questions and listen to other's experiences and beliefs with an open mind.
- Actively listen without interrupting or formulating prepared responses. Instead, give people my full attention and validate their thoughts and feelings.
- Refrain from making hasty judgments based on limited observations. Avoid misinterpretations and assumptions.
- Cultivate empathy by understanding the intent, emotions, and experience of others. The true measure of connection is making others feel understood.
- Find your Spiral Dynamics pathway by taking the quiz at [spiraldynamics.com](https://www.spiraldynamics.com) and accessing their resources.

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

<https://www.getyourselfoptimized.com/spiral-dynamics-with-natasha-todorovic-cowan/>