

# 421: Guard your Data Like a Hawk


## 10 Point Checklist

### Brad Templeton

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**



"We should marry the old world of personal computer storage to the current world of cloud storage. There's still room for both."

**BRAD TEMPLETON**

# 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.**

- Don't be afraid to challenge my long-held notions and embrace a rational perspective. Questioning beliefs is essential for my personal growth.
- Educate and empower myself. When I harness the power of critical thinking, I am less likely to fall for manipulation and misinformation.
- Stand against misinformation and manipulation. Contribute to building a digital society where truth prevails and critical thinking thrives.
- Equip myself with the tools to decipher fact from fiction and make informed decisions. Remember, the best defense against misinformation is a well-trained mind.
- Be aware of the origins of certain practices or beliefs and critically examine whether they have a factual basis.
- Utilize the role of my emotion in memory retention. When sharing information or teaching others, I should consider incorporating humor to enhance memory recall.
- Be a critical consumer of media, fact-check information, and be aware of potential biases. Embrace and respect differing viewpoints to foster meaningful conversations and personal growth.
- Embrace advancements in technology while remaining mindful of potential drawbacks. Continuously evaluate and refine technology to strike a balance between convenience and privacy.
- Advocate for initiatives that prioritize individual data rights and privacy. Explore organizations like the [Electronic Frontier Foundation \(EFF\)](#) that work toward protecting digital rights.
- Dive deeper into Brad Templeton's ideas on robocars, data rights, and privacy through his websites: [bradideas.com](http://bradideas.com) and [templetons.com](http://templetons.com).

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

<https://www.getyourselfoptimized.com/guard-your-data-like-a-hawk-with-brad-templeton/>