# 430: An American Ninja Warrior on Peak Performance

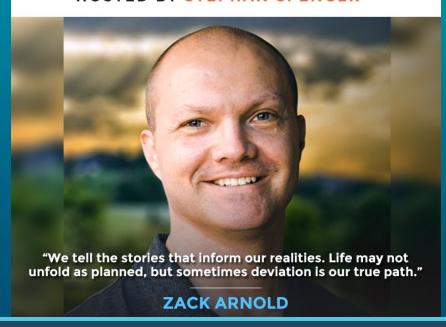
## 10 Point Checklist

### **Zack Arnold**

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.



#### HOSTED BY STEPHAN SPENCER



#### 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.

Optimize my health. My health is a critical factor in achieving my highest potential. Invest in practices like exercise, nutrition, and sleep. These are essential for maintaining my creativity and productivity.
Embrace my unique qualities and leverage them. Recognize my qualities are superpowers when correctly harnessed.
Practice mindfulness meditation. Embrace mindfulness meditation as a tool to quiet my racing mind and increase self-awareness.
Visualize my thoughts as passing clouds and my inner clarity as the unchanging blue sky. This helps me effectively manage my thoughts and emotions.
Vibrate at a high frequency. Learn to raise my vibration by doing simple exercises or asking for guidance. This can have a profound impact on my thoughts and emotions.
Adapt my hero's journey. Recognize that I am on my own unique hero's journey, complete with obstacles, and sometimes, detours are part of that journey.
Cultivate a positive perspective even when life throws unexpected situations my way. Embrace new realities and focus on the positive aspects of my life.
Learn to adapt to changing circumstances and maintain a calm, composed attitude when dealing with chaos.
Acknowledge the interconnectedness of life. Recognize the moments when I experience synchronicities or "glitches in the matrix." Understand that these are not mere coincidences but are orchestrated from a higher source.
Visit Zack Arnold's website at

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

https://www.getyourselfoptimized.com/an-american-ninja-warrior-on-peak-performance-with-zack-arnold/