

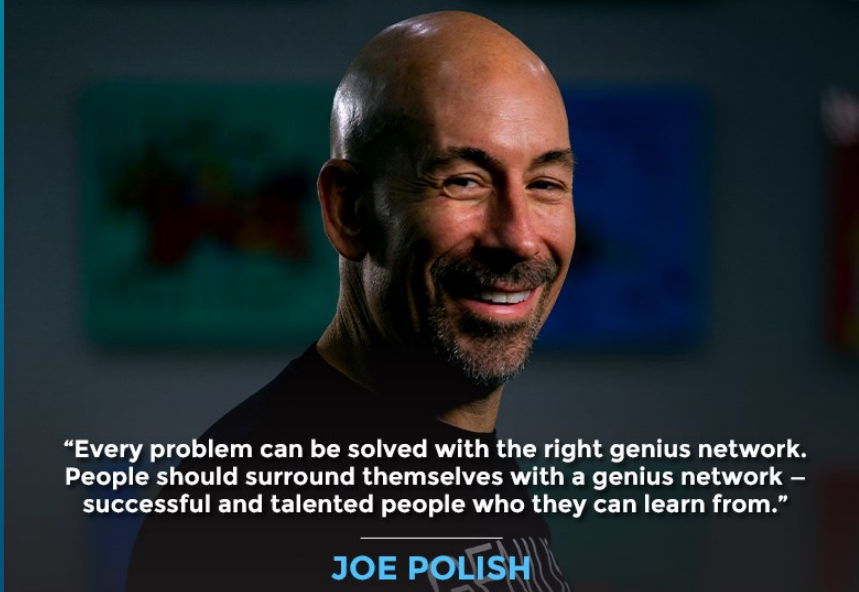
433: Build a Powerful Network 10 Point Checklist

Joe Polish

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**



“Every problem can be solved with the right genius network. People should surround themselves with a genius network – successful and talented people who they can learn from.”

JOE POLISH

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.**

- Overcome my trauma in order to grow. Face and process my trauma and understand how it has influenced my life.
- Build strong connections with others that can help me overcome my past relational fears. Surround myself with positive and supportive people.
- Discard old beliefs and habits. Letting go of my old, destructive habits and beliefs can be more important than learning new, positive habits and thought patterns. Simplify my experiences as a powerful tool for self-development.
- Engage in spiritual practices or meditation. This helps me connect with my inner self and my higher power.
- Cultivate compassion for myself and for others. Accept that everyone's journey is unique and valuable.
- Develop awareness. Recognize the collective human tendency to believe we're always correct, even when we're not. Develop my self-awareness to avoid this pattern.
- Release attachments. Identify and release attachments in my life, whether they relate to material possessions or personal preferences. Sometimes, attachments can hold me back.
- Maintain both physical and mental health. Sleep, exercise, meditation, and other practices contribute to overall well-being.
- Avoid relying solely on technology for personal connection technology. I can't let technology disconnect me from the real world. Find a balance between my digital and physical interactions.
- Practice the power of generosity. Giving back doesn't just mean financial gifts — I can change lives even with limited resources.
- Connect with Joe Polish and access his valuable resources on joepolish.com. Follow Joe Polish on social media platforms like [Twitter](#), [Facebook](#), [Instagram](#) or [LinkedIn](#) to stay updated on his latest content and resources.

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

<https://www.getyourselfoptimized.com/build-a-powerful-network-with-joe-polish/>