

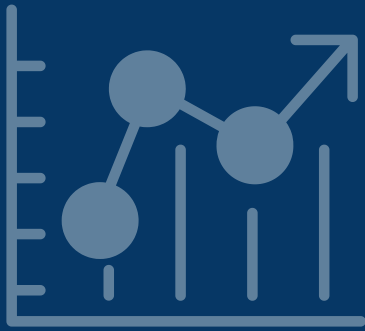
# The Basics of Total Personal Transformation with Stephan Spencer

[www.getyourselfoptimized.com/366](http://www.getyourselfoptimized.com/366)

## 10 Step Checklist



- ☐ Find a compelling reason to change. Why do I want to make this change? The stronger the "why," the greater my motivation to change my habits.
- ☐ Trust the Creator and divine timing. Have faith and don't question events around me. The universe always has my best interests at heart. Even though it doesn't give me what I want every time, it will always make sure that I have what I need.
- ☐ Translate my intentions into clear goals and outcomes. What exactly are the new behaviors needed to realize my goals? How will I know when I have achieved them? I must set milestones along the way to my larger goals to keep me motivated and on track.
- ☐ Make very clear, specific, and doable commitments. It's usually more skillful to make a series of smaller, more manageable commitments at which I will likely succeed. This builds confidence and sustains motivation for my transformation.
- ☐ Give my employees a chance and practice progressive discipline. This will help my employees to correct conduct problems and resolve performance issues in the earliest stages.



**“Be less skeptical and practice the willing suspension of disbelief.”**

-STEPHAN SPENCER

- ☐ Attend events that will give me an opportunity for spiritual awakening. Healthy spirituality gives a sense of peace, wholeness and balance in the physical, emotional, social and spiritual aspects of my life.
- ☐ Model the behavior that I'm looking to inspire in the people around me. Modeling is the best teaching method. It's not enough to tell others about important values and responsibilities. As the saying goes, actions speak louder than words.
- ☐ Pray for more desire. Praying for the end result won't work. Instead, I need to have the desire to manifest what I want in life.
- ☐ Ask better questions to get better answers. If I ask a great question, I gain valuable insight that helps me understand a problem better or see an opportunity I wasn't aware of. In addition, great questions allow the conversation to flow with ease.
- ☐ Get a coach or mentor. They will help keep me accountable and guide me in my transformation journey.

For the complete interview, transcript, and important links,  
[visit www.getyourselfoptimized.com/366](http://www.getyourselfoptimized.com/366)

*Thank you!*