

172: Reinventing Yourself

10 Point Checklist

John Romaniello

Want to gain as much knowledge as possible out of The Optimized Geek? 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.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



“One of the primary goals of radical honesty is to eliminate ambiguity and to get to the heart of clarity.”

JOHN ROMANIELLO

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.**

- Be present when you talk to people suffering from depression. Listen compassionately without judgment.
- Don't put the weight on someone to reach out but make the effort yourself to do it and show up.
- Research on psychedelics like MDMA and identify its benefits in treating mental illnesses.
- Aim to experience psychedelics with a very specific goal and with guidance from someone who's experienced with it.
- Accept and embrace the fact that depression may not be completely cured. What I can do is recognize the symptoms and take preventive measures to get through it.
- Recognize that everyone will have different experiences towards drugs or substances. Ramon says that taking psychedelics is not escaping your reality but deepening your experience of that reality.
- Develop a habit of being radically honest. It's essentially the unwillingness to lie, to tell uncompromising truth no matter what.
- Practice and master the art of writing. Hemingway says to overcome writer's block, you only need to write the truest sentence that you know.
- Enhance my writing skills by participating in Roman's Wellspring Writing Intensives at JohnRomaniello.com.
- Grab a copy of Roman's book called Man 2.0 Engineering the Alpha and truly achieve the greatness that you're born with.

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

<https://www.optimizedgeek.com/reinventing-yourself-with-john-romaniello>