

312: How to Stop Judging People

10 Point Checklist

Aaron Scotti

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**



"If we try to please everyone and do everything we don't want to do, we're just going to drive ourselves nuts, and we're going to miss out on many moments in our life."

AARON SCOTTI

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.**

- Appreciate the eternal now. Understand what it means and be present in the moment. Being self-aware enables me to enjoy what truly matters in my life.
- Spend time with loved ones. I'll never know what the future holds, so cherish moments shared with important people in my life.
- Be intentional. Be sincere with my actions and let them come from a place of love. I should act with purpose and mindfulness.
- Be mindful of judgment. Accept that I've been judgemental and consciously work on improving. I can slowly become less judgemental if I hold myself accountable.
- Don't hold on to people. Let people go, especially if they're no longer serving me. Thank them for being part of my life and move on.
- Keep my thoughts clean. The unseen world can see what goes through my mind. I should also be mindful of how my mind affects my actions.
- Just be myself. Don't get pressured by other people. They have their own path. Focus on my own life, and what makes me happy and fulfilled.
- Be careful with my desires. Everything is not as good as it seems. I should focus on manifesting a happy life rather than a lavish life.
- Have compassion. I don't know everyone's story. Instead of being judgmental, I should be empathetic and treat people how I want to be treated.
- Visit Allison Maslan's [website](#) to learn more about her mastermind and private mentoring and any upcoming events. Send her a direct email at allison@pinnacleglobalnetwork.com for any questions I have for her or her team.

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

<https://www.getyourselfoptimized.com/how-to-stop-judging-people-with-aaron-scotti/>