# From Adversity to Awakening with Stephan Spencer

www.getyourselfoptimized.com/351-A

10 Step Checklist

☐ Choose to turn things into amazing outcomes. When adversity comes, don't let it crush me or be a victim of it; instead, turn it into something amazing.

☐ Spend time with people I want to be associated with. I'm the average of the five people I hang out with the most. If I want to become a better person, I need to hang out with higher quality people.

☐ Take risks by putting myself out there. Stepping outside my comfort zone will lead to my growth. If I see a great opportunity, go for it.

☐ Take time to master my skills. Mastering skills is an important part of growing and excelling in my career. Success, fame, status, and money typically follow skill mastery.

☐ Allow myself to trust what's happening in my life. Life happens for me, not to me. Believe and trust that I live in a friendly universe.

☐ Connect to what's outside of the normal realm of my senses. Connect to the Creator, certainty, the bigger picture, and the 99%. Only 1% is what I experience.
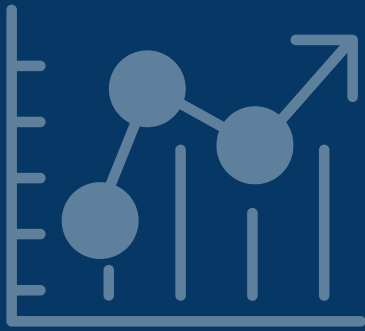
"When you are given adversity, you can either turn that into something amazing, or you can let it just crush you and be a victim of it."

-STEPHAN SPENCER

☐ Have a journal. Write down my thoughts and feelings to understand them more clearly. It can help me gain control of my emotions and improve my mental health.

☐ Be happy. The purpose of life is to be happy. It's not to create; it's not to save the world; it's not to atone for your sins of past lifetimes.

☐ Be real to myself. When I'm true to myself, I allow individuality and uniqueness to shine through. Respect the opinions of others but do not conform to stereotypes or the expectations of others.

☐ Focus on changing/improving myself. I don't have to change others; I just have to change myself. Like Gandhi said, "Be the change you want to see in the world."

For the complete interview, transcript, and important links, visit www.getyourselfoptimized.com/351-A

Thank you!