

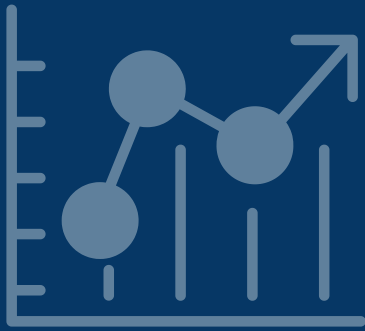
Let Go and Let God with Stephan Spencer & Orion Talmay

www.getyourselfoptimized.com/357-A



10 Step Checklist

- Don't let fear prevent you from doing what you want. It only takes a few seconds to leap for something that can change your life.
- Dwell in a place of positivity and certainty. When you are positive and certain that you are going to make it in life, you will.
- Shake things up. Wake up and change your life by freeing yourself from limiting beliefs.
- Continue doing things that promote self-improvement. For example, get a new hobby, learn a new skill, go back to school or attend events and conferences that you're interested in.
- Find a mentor that inspires you and brings out the best in you. Even successful people need the good influence of mentors.
- Learn how to control your state of mind and be more aware of your emotions. You can quickly get rid of negative feelings by avoiding slouching and breathing properly with intent.



“The internal changes were greater than the external changes.”

-STEPHAN SPENCER

- Keep your body moving by working out, doing yoga or dancing.
- Exercise releases dopamine, a chemical that makes humans happy.
- Nourish your spirit as you find a belief that will transform you into a more enlightened human.
- Share what you’ve learned through your transformation with others. There are people out there who need help making their own transformations
- Listen to my podcast, Get Yourself Optimized, and hear stories from inspirational people who talk about their transformations through biohacking, mindset shifts, etc

For the complete interview, transcript, and important links, visit www.getyourselfoptimized.com/357-A

Thank you!