

Filling Up Your Good Life Buckets

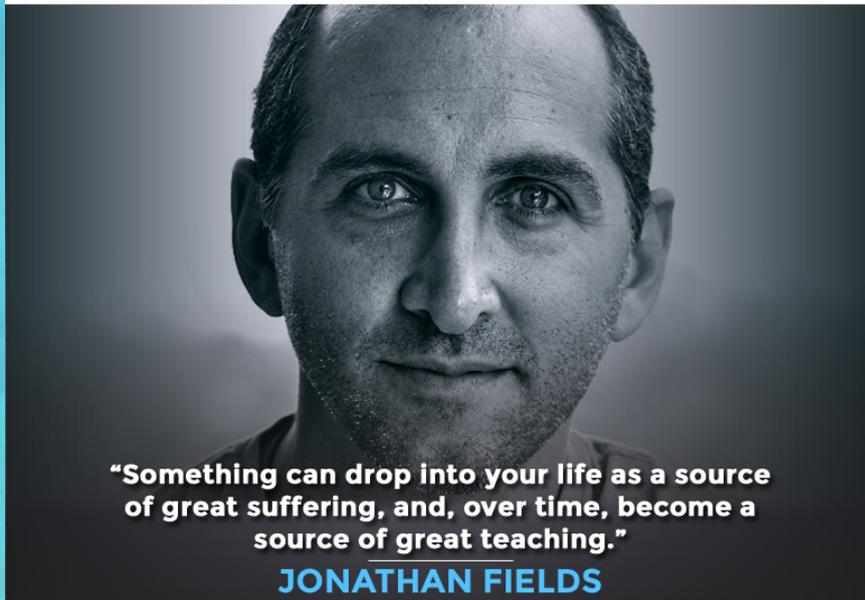
10 Point Checklist

Jonathan Fields

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**



**“Something can drop into your life as a source
of great suffering, and, over time, become a
source of great teaching.”**

JONATHAN FIELDS

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.**

- If you're suffering from something, try to incorporate a dual mentality: maintain hope that it will go away, but at the same time accept that it may be permanent.
- Shift your perspective on things that have come into your life as sources of suffering. Transform them into sources of teaching by asking yourself what you can learn from them.
- Take an honest look at yourself. Are you deeply driven by a need for certainty or security? If so, work toward accepting the idea that there is no such thing as complete certainty.
- Develop your own daily mindfulness meditation practice. Set aside 20 minutes per day to notice, allow, and release your own experiences.
- Commit to an exercise plan that you will realistically stick to. Every day is great if you can, but even half an hour a few times a week is better than nothing.
- Reduce your suffering by reframing your own thoughts. When you start down a negative thought path, reassess what you're telling yourself and choose to tell a different story instead.
- Stick with doing the items on this checklist even if you don't immediately see a positive change. Be patient with the practices and allow them to unfold over time. Just keep showing up.
- Each day, do one thing to top off each of your three good life buckets: vitality, connection, and contribution.
- When you're torn on making a decision, sit down and assess the impact either choice would have on each of your three good life buckets.
- To snap out of autopilot, move out of a place of reactivity to a place of mindfulness and intention. Say yes or no from a place of assessing whether something actually matters to you.