

Establishing Accountability and Goals for Your Health and Fitness

10 Point Checklist

Rob Dionne

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**



**"We're not here to just sit and not impact anybody,
we're here to make changes -- in ourselves
and in other people's lives."**

ROB DIONNE

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.**

- Find one physical event that will be challenging (but not impossible) for you and sign up to take part. If you aren't ready for a full marathon, start with a half marathon!
- Figure out what you want physically, then write down a list of your top priorities. Is your goal to look good? To be able to run a certain distance, or lift a certain weight, or achieve a certain speed?
- For your top two physical priorities, commit to specific related events (a race if your goal is speed, or a physique competition if your goal is appearance). This will help keep you accountable.
- For two weeks, keep a food log. Instead of only tracking what you eat, though, also track how you feel. You'll gain insight into the effect that certain foods can have on your body.
- Find experts and outsource the parts of your health routine that you aren't ready to create yourself, such as a nutrition plan or a workout regimen.
- What are you giving away for free that people might value more if they had to pay for it? Try charging for them for a month, and see if it increases interest.
- Identify one goal that you really want to accomplish. Work toward it, but as you do so, shift your focus from the goal to the destination instead.
- Practice self-empathy. If you struggle or fail at something, talk to yourself the way you would to a four-year-old child struggling to ride a bike for the first time.
- Go on a social media diet for two weeks. It may not be practical for you to quit social media entirely, but minimize your use of it as much as possible.
- For the next six weeks, listen to (at least!) one episode per week of Rob's Open Sky Fitness podcast. By the end, you may be so hooked that you don't want to stop.