

Get off Autopilot and Start Living with Intention

10 Point Checklist

Brent Charleton

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**



"If we want to be a better human, and have higher level of consciousness, we need to work on ourselves."

BRENT CHARLETON

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.**

- Reexamine my childhood in light of what I've learned in this conversation, namely that anything less than nurturing is shaming.
- Write down a list of all the times I remember being treated less than nurturingly by my primary caregivers as a child.
- Sit down across from an empty chair. Close my eyes and visualize one of my primary childhood caregivers in the chair, and talk openly with him or her about these childhood traumas.
- As I find my blocks during this experience, notice where in my body they occur. Grab them with my breath, suck them out, and blow them out of myself to the visualized person in the chair.
- As part of this process, visualize my six-year-old inner child standing behind me. In this visualization, I am protecting him or her from the traumas from the person in the chair.
- Remind myself that just because I've made mistakes doesn't mean that I am a mistake. This realistic self-view is part of becoming a functional adult.
- Pay close attention to my thoughts and feelings, both the good, happy ones and the darker, heavier ones. Write down these thoughts and feelings in a journal.
- Next to each thought or feeling I write down, make a note of whether the thought or feeling belongs to my inner child or inner teen.
- In the same journal, write down my response to either my child or teen about each of these thoughts or feelings. This helps bring me back into my adult self and move out of shame.
- Order a copy of *The Tools* by Phil Stutz and Barry Michels, and read it thoroughly and attentively.