Optimizing Health, Wealth, Relationships, and Happiness
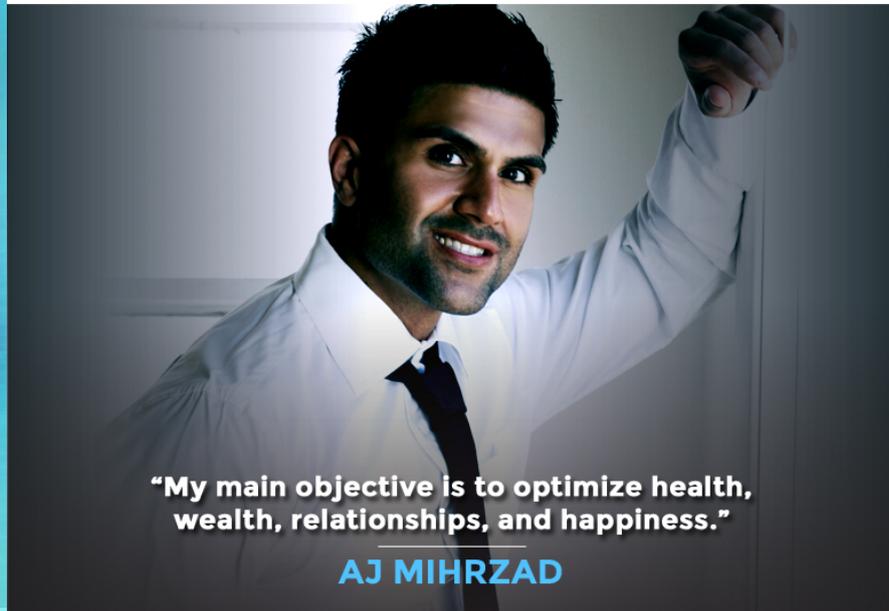
10 Point Checklist

AJ Mihrzad

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

"My main objective is to optimize health, wealth, relationships, and happiness."

AJ MIHRZAD

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.

- [ ] Do a 100 count breath meditation when I wake up. Breathing in through my nose and out through my mouth will prime me to be present and not rush anything throughout the day.

- [ ] Journal in the morning and write about my previous day. Include one win and one thing that I am grateful for.

- [ ] Aside from writing on my journal, express my thoughts and feelings through talking it out by using Copytalk, an app that can transcribe spoken words in minutes.

- [ ] Maximize my time by listening to a motivational or inspiring podcast as I get ready in the morning or drive to work.

- [ ] Surround myself with people who inspire me to achieve more. Mentors, masterminds, and networking connections can all help me obtain personal growth.

- [ ] Find a workout partner who inspires me to be disciplined and achieve more. Being around someone who takes fitness seriously will only push me to do better.

- [ ] Spend time around people who have a positive attitude and inspire happiness. Look for places where like minded people gather such as a seminar or social media hangout.

- [ ] Create a powerful and inspiring vision for myself. Write down what my relationships will be like and what I will bring to relationships.

- [ ] Allow myself one cheat day per week to avoid depriving myself. Breaking up my routine can help keep my will power strong.

- [ ] Test out different diet plans and see what works for me. Stick to what works for me at least 80% of the time.