How to Hack Your Brain
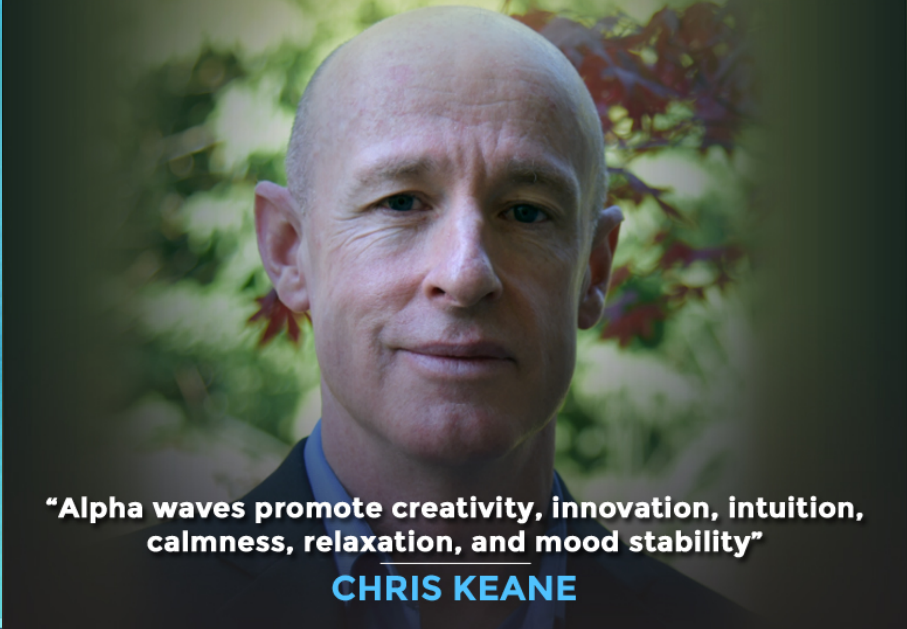
10 Point Checklist

Chris Keane

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**

"Alpha waves promote creativity, innovation, intuition, calmness, relaxation, and mood stability"

CHRIS KEANE

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.

☐ Research neurofeedback to unlock my full potential and train my brain's deep control sites.

☐ Seek help if I or someone I know is undergoing a mental issue such as ADHD or PTSD. Neurofeedback can help people with these conditions.

☐ Don't use a smartphone or electronic device that emits light before I go to sleep. Studies have shown that prolonged usage of these devices can cause brain damage.

☐ Regularly meditate and get in touch with my deepest thoughts. Take a break from the business life and relax for a few minutes every day.

☐ Don't take my health for granted no matter how busy my lifestyle is. I should prioritize my health as I gain more success in life.

☐ Focus on taking care of my mental health. Work on controlling my stress levels and find ways to reduce it.

☐ Practice the principles of Zen and be in touch with my deep self to become more creative, focused and calm in handling my business.

☐ Take advantage of Chris Keane's gift for Optimized Geek listeners by getting a 10% discount at www.biohacked.com/geek.

☐ Check out and try different biohacking techniques that can help boost my health and lifestyle. Start by visiting biohacked.com and see what Dave Asprey and Chris Keane have to offer.

☐ Invest and sign up for 40 years of Zen's exclusive 5-day training that will help me alter my brain wave patterns and change my life.