

Finding a Higher Level Consciousness Through Extreme Biohacking and Spirituality

10 Point Checklist

Luke Storey

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**



**"Once I made the decision to go from a fashion stylist
to a life stylist, I found my real passion."**

LUKE STOREY

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.**

- Pursue the kind of life where I feel fulfilled and help others while doing what I love.
- Find my passion by getting out of my comfort zone and connecting with others in communities, support groups and masterminds.
- Take risks and try new things to unleash my potential. There are many resources available for me to take advantage of.
- Invest in inner work and spiritual growth to keep myself grounded when I experience success.
- Improve my appearance in terms of how I dress, what I weigh and how I want people to perceive me.
- Meditate daily to overcome my self-doubt and fears and to dive deep into my thoughts.
- Keep my feet on the ground while reaching for the stars. Be able to determine what's superficial and what's truly important in life.
- Be aware of the issues around my community and the world and find ways to give back.
- Share my gifts to those who need it and never stop lending a helping hand. Giving something wholeheartedly is a truly rewarding feeling.
- Check out Luke Storey's [The Lifestylist Podcast](#) and hear stories about dedicating life at the highest level of human potential.