

The Secret to Success Is Likeability Rather Than High Status


10 Point Checklist

Mitch Prinstein

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**



**“Likeability, not status, predicts longer lives,
better health, and better relationships.”**

MITCH PRINSTEIN

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.**

- Aim to build valuable connections and relationships instead of flaunting my status and achievements to become popular.
- Be empathic and kind rather than dominant and aggressive. Always make decisions that benefit the entire team.
- Work on becoming likeable to create stronger relationships with my employees, colleagues, family and friends.
- Make the people I am with feel heard, important and valued. Internalize the saying “you get what you give.”
- Do what it takes to reach my goals and dreams but make sure that I don’t hurt, belittle or offend others along the way. Investing in good relationships will help me become more successful in life.
- Enhance my leadership skills to build a strong community where everyone respects each other.
- Start teaching my kids about kindness, humility, empathy and true value. Make them realize the importance of respecting hard work and others.
- Don’t be envious of what I see on social media. Social media isn’t a reflection of reality but rather what people want you to see.
- Reach out to people outside of my community. It’s beneficial to have an understanding of how other people live and think.
- Grab a copy of Mitch Prinstein’s book, *Popular: The Power of Likability in a Status-Obsessed World*.