

Masters Of Mindfulness


10 Point Checklist

Monica Ortiz

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**



**“Get out of your emotional brain for a moment
and move into your logical brain a little bit.”**

MONICA ORTIZ

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.**

- Be more aware of my thoughts. My thoughts, no matter how small, can affect my actions and my life.
- Don't dwell too much on my emotions. Rely on my logic to help me make the best choices.
- "Sleep on it." Don't make rash decisions when I am angry, sad or stressed out. Clear my mind and be rational before acting.
- Look within instead of pointing fingers and blaming others during conflict.
- Create an inner dialogue that can help me find the root of my present being. If I'm struggling, ask myself why I am in this state and reflect on how I can get myself out.
- Work to resolve my issues instead of setting them aside. The only way to overcome my challenges is to face them head-on.
- Carefully select my behavior towards others. My words and actions can impact someone else's life.
- Download the app [Masters of Mindfulness](#) to start a daily routine of peaceful meditation.
- Check out Monica's course, [Relationships Evolved: Forging Bonds That Last](#), to understand how to maneuver my life in the best way possible.
- Grab a copy of Monica Ortiz' book, [Universe 101: Learn Grow Evolve](#).