

Quantified Self: What Gets Measured Gets Managed

10 Point Checklist

Lisa Betts-LaCroix

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**



"The information from tracking something in a quantified way helps you make conclusions about yourself."

LISA BETTS-LACROIX

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 informed about different devices that track sleep, activity, and heart rate. Examples of such are Oura ring and Neuroon.
- Research more about supplements like fish oil, L-Tryptophan, 5-HTP and L-Theanine and find out how it improves sleep and anxiety levels.
- Get enough sleep. Sleep deprivation leads to serious health issues.
- Improve sleep quality with the help of apps like f.lux. It warms up your computer screen at night to help you relax and wind down before bed.
- Pay attention to my weight and use scales like the Nokia scale.
- Learn more about intermittent fasting. It's an eating pattern between eating and fasting windows. Track my progress with apps like Vora.
- Be open to non-conventional approaches like hypnosis in treating phobia and anxiety.
- Explore different kinds of learning like Quantified Self experimentation, independent learning or travel schooling.
- Discover what my strengths are. It's innate in me and what I just naturally do. Use an assessment like StrengthsFinder.
- Strive to consistently track my progress. One small step every day leads to better awareness of my mental and physical health.