

357: The Art of Human Connection

10 Point Checklist

Brian Miller

Want to gain as much knowledge as possible out of Get Yourself Optimized? 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.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"So much of the magic in this world is in conversations with people you're not willing to talk to."

BRIAN MILLER

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.**

- Engage with my tribe beyond my podcast. Instead, connect with them through chat, comments, and ideas I talked about on the podcast.
- Don't push people to listen to my podcast. Instead, make my podcast a conversation worth having with my guest.
- Have clarity with what I do or believe in, who it's for, and why it matters. This will help me have TEDx-talk-worthy ideas, run my podcast or Youtube channel, and build my tribe.
- Have a meaningful connection with a stranger, a colleague, a co-worker, or someone I'm not close to. Don't treat my interactions as transactions.
- Recognize every single person's individual humanity for what it is. Be open to saying to other people these words, "I hear you. I see you. I'm here for you." Even if I don't always agree with them.
- Live in this saying, "None of us is as good as all of us." No individual can accomplish what a group of people can achieve when working together.
- Don't give advice because advice is presumptuous. Advice assumes that I know better than somebody else does about their own circumstances.
- Don't guess, ask. Ask people meaningful and relevant questions. Let them give me their perspective.
- The goal of connection is not agreement but understanding. Don't focus on getting somebody to agree with me to get my point. Instead, learn to completely understand where others are coming from, why they believe what they believe, and why they're doing what they're doing.
- Visit Conquer the Red Dot's [website](#) to work with Brian Miller on crafting and delivering a world-class TEDx talk. Also, check out and listen to Brian's podcast, [Beyond Networking](#), where he has cool conversations with great people.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/the-art-of-human-connection-with-brian-miller/>