

368: Artificial Intelligence Risks and Rewards

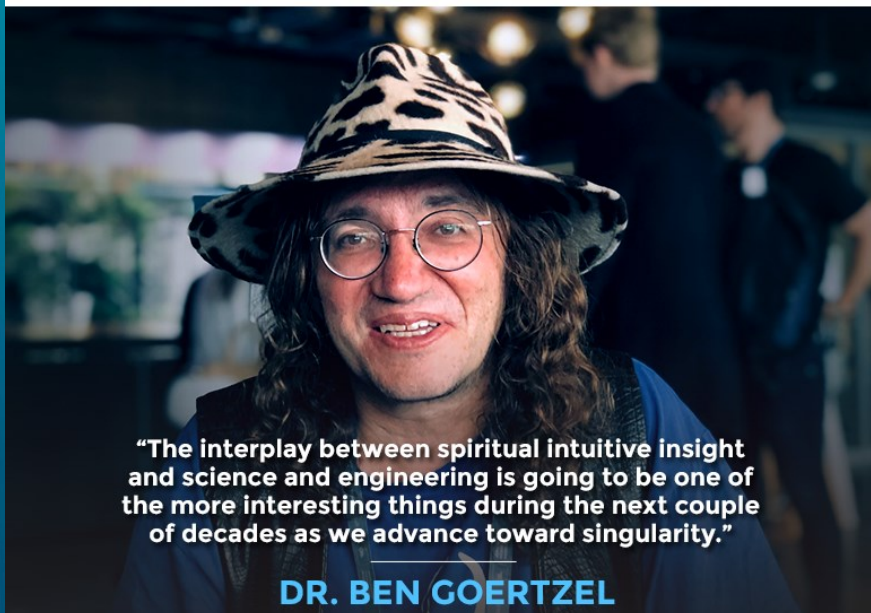
10 Point Checklist

Dr. Ben Goertzel

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**



“The interplay between spiritual intuitive insight and science and engineering is going to be one of the more interesting things during the next couple of decades as we advance toward singularity.”

DR. BEN GOERTZEL

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.**

- Exercise the freedom of information and decentralize AI. This will allow the public to access the exponentially advancing technology without the government or a big tech company interfering with its development and usage.
- Aim to improve humanity's future through inventing paradigms, tech, and robotics. Technology made life easier - from farming to building cities to traveling. It effectively links all countries on earth, helps to create globalization, and makes it easier for economies to grow and for companies to do business.
- Stay updated on machine learning and AI. Awareness of the latest ML and AI technology will allow me to slowly incorporate it into my business and daily life.
- Find ways to future-proof myself and my business. This will allow me to design or change myself and my business to continue to be useful or successful in the future if the situation changes.
- Dream of a better world. With all the negative things happening in the world, it needs dreamers and action-takers to envision and make it better for future generations.
- Spark ideas and creativity into my day. This will allow me to view and solve problems more openly and with innovation as it broadens my perspectives and can help me overcome my prejudices.
- Join communities that discuss AI. These communities allow people to share their insights and learn from each other about AI. The success of AI technology is in the hands of the people that collaborate on the data and insights gathered from it.
- Have faith in humanity. Always believe that the good outweighs the bad and will win in the end. Faith in humanity is a prerequisite to bringing out the best in all of us.
- Visit Dr. Ben Goertzel's [website](#) to learn more about his research on his blog, podcast, and books. Also, check out SingularityNET's [website](#) to learn more about AI and AGI.

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

<https://www.getyourselfoptimized.com/artificial-intelligence-risks-and-rewards-with-dr-ben-goertzel/>