

# 321: The Future of AI

## 10 Point Checklist

### Howard Getson

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**



**“When we evaluate how we think, learn, and know things, we tend to make better, smarter decisions and continue to raise the bar and improve performance.”**

**HOWARD GETSON**

# 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.**

- Think about the future of my career. Nowadays, it's critical to think about my chosen profession and how the distant tomorrow can affect it.
- Master the nonattachment of the self. Detachment, also expressed as non-attachment is a state in which a person overcomes their attachment to the desire for things, people, or concepts of the world and attains a heightened perspective.
- Recognize my opportunities, talents, and resources early on. Then, find out what I'm good at and hone my skills and knowledge through constant learning and practice.
- Properly assess what needs to be automated in my life and business. If I want to beat the competition, I must become first in optimizing my productivity.
- Know what new capabilities I should focus on that bring me in the right direction for the future. Keep up to date with the news, especially in business, finance, and tech.
- Utilize and take advantage of data. The future is data analytics. If I know how to ask the right questions and seek the best answers, I have the opportunity to create a guide map for long-term success.
- Don't put a lot of energy into trends that become fads and focus more on the long-term. The goal is longevity, not 'get rich quick.'
- Start future-proofing my life as early as now. As the famous saying goes, 'you gotta be in it to win it.'
- Remain tech-savvy. Don't become obsolete over time, and be aware of the latest gadgets and software businesses use today.
- Text the letters A.I. to (972) 992 1100 so Howard Getson can send me many resources that can help spearhead my mission for future-proofing and automation.

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

<https://www.getyourselfoptimized.com/the-future-of-ai-with-howard-getson/>