

340: Entrain Your Brain

10 Point Checklist

Dr. Patrick Porter

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 most important thing to optimize is the brain because if you don't have the right brainwaves and you're not relaxed, all those great supplements will be flushed down the toilet.”

DR. PATRICK PORTER

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.**

- Relax my nervous system. When I downregulate my stress hormones, my body can heal itself.
- Be prepared for all of life's possibilities. This will reduce fear, anxiety, and losses that can accompany circumstances and situations.
- Always have positive and healing thoughts. Positive thoughts produce healthy chemicals in the brain that heal the body. In comparison, negative thoughts do the same thing but in a negative way.
- Eat healthily and be healthy. Having a healthy body is a step to a healthy brain.
- Exercise and move my body. Exercise improves brain function, structure, and connectivity.
- Spend time in nature. Being in nature reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature makes me feel better emotionally and contributes to my physical well-being.
- Surround myself with people who have higher vibrations of peace, harmony, gratitude, and love. People with positive influences will help me tap into my best self. People in gratitude and love are 200 times more light and are flowing from their heart center than those in fear, greed, and other negative things.
- Make a review of my day before I go to sleep and think of one or two positive things that happened to me. Nobody's life is a fairytale; I need to organize things in my life to see the beautiful and positive.
- Look outside myself for solutions but verify by looking within to see if they're good for me. Always look at everything in my life as an opportunity to better myself.
- Visit Dr. Patrick Porter's [website](#) to learn more about his different research and projects. Also, check out [braintap.info](#) to download a digital copy of his book, Thrive in Overdrive, and get a 15-day free trial of the BrainTap Pro App.

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

<https://www.getyourselfoptimized.com/entrain-your-brain-with-dr.-patrick-porter/>