

# 354: Awaken the Brain

## 10 Point Checklist

### Anat Baniel

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**



**“True intelligence is a brain that can figure things out, has the freedom to create, and be out of the box.”**

**ANAT BANIEL**

# 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.**

- Move often and bring attention to what I feel as I move. Through movement, my brain will start building billions of connections and creating new possibilities and transformations.
- Slow down to learn new skills and overcome limitations. I can only do things faster when I already know how. Slowing down stimulates the formation of rich new neural patterns.
- Introduce variation into everything I do. My brain will create new possibilities in my movements, feelings, thoughts, and action.
- Reduce the force with which I move, think, and act. Develop greater sensitivity that will enhance my brain's ability to perceive the finest of differences and therefore learn.
- Practice enthusiasm in my daily life. Enthusiasm is a skill I can develop. It amplifies what is important to me and grooves new learning into my brain.
- Have flexible goals. If you knew how to reach your goal, you'd already be there. Embrace unexpected steps and mistakes along the way. With this rich information, discover the path to achieving your goal.
- Turn my learning switch on. The brain is either in a learning mode or not. Expect that I will do, think, or learn something NEW in each situation in my life.
- Imagine and dream! With imagination, I can create what has never been done before. Dreams will guide me to my future. Both will elevate me to new heights, transcending my limitations.
- Become aware of what I'm doing, sensing, thinking, and experiencing at any moment. Awareness is an action. When I'm aware, I'm fully alive and present.
- Visit Anat Baniel's [website](#) to get to know her better and learn about her upcoming workshops and free events. For more information about her new Practitioner Training programs in California starting July 2022 and in Holland starting March 2023, visit Anat Baniel Method International's [website](#).
- Grab a copy of Anat Baniel's books, [Move Into Life](#) and [Kids Beyond Limits](#). Also, download her ebook on the [9 Essentials of NeuroMovement](#).

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