

# 385: Reprogram Your Brain for Success

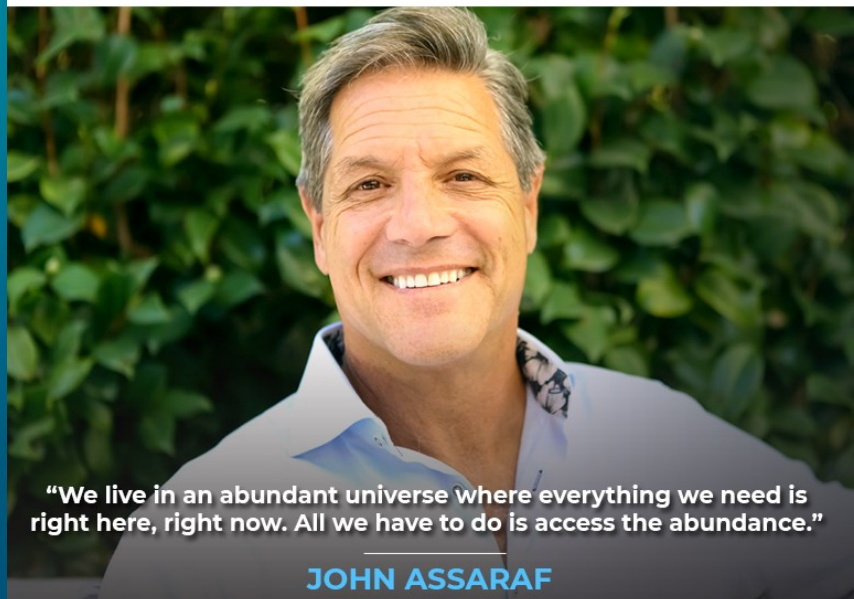
## 10 Point Checklist

**John Assaraf**

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**



**"We live in an abundant universe where everything we need is right here, right now. All we have to do is access the abundance."**

**JOHN ASSARAF**

# 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.**

- Don't dwell in comfort: Growth comes from stepping outside of my comfort zone. Humans are creatures of habit. Though routines are necessary to life, spontaneity and taking risks is how one improves themselves exponentially.
- Wholeheartedly embrace the concept of abundance. The world consists of limitless resources and possibilities. If I come from a place of abundance, I can easily spot opportunities in my favor.
- Train my brain to ask better and deeper questions. When I cultivate deeper thinking, I begin to uncover better answers. Not only does this apply to worldly knowledge but to spiritual and mental areas as well.
- Start with a vision. Create a clear path for my dreams and goals in terms of finances, business, health, relationships, career, and experiences by asking myself, "What do I want my life to look like?" I can help manifest my dreams by writing them down or creating a vision board.
- Be relentless in pursuing my dreams and goals. I can accomplish them by implementing the necessary strategies. Keep assessing myself on what essential knowledge and skills I need to master and create plans to achieve them.
- Stay committed to achieving my goals. Lack of commitment means interest without action. People with interest but no commitment tend to choose the easy way. My commitment means I am ready to face hardships.
- Tap into my deeper consciousness by meditating. Train myself to become mindful everyday. Explore which safe meditative practices I resonate with and am most comfortable doing.
- Surround myself with people who have an abundance mentality. Like-minded individuals support each other's efforts, celebrate accomplishments, and cheer each other on. Being with someone with an abundance mentality upgrades my thinking and self-awareness.
- Learn more about the Law of Polarity and how it applies to finding balance and the answers to the meaning of life. This law states that one cannot have one side of the continuum without the existence and potential for the opposite side. For example, I can't have birth without death, light without dark, happiness without sadness, health without illness, good without bad, etc.
- Visit John Assaraf's [website](#) to learn more about meditation, cognitive biases, and neurotechnology. Also, explore [innercising](#) on his company's [website](#) to strengthen your mental and emotional skills.

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

<https://www.getyourselfoptimized.com/reprogram-your-brain-for-success-with-john-assaraf/>