

390: How to Overcome the Most Harrowing Challenges

10 Point Checklist

Amberly Lago

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**



“Resilience isn’t about bouncing back. It is the ability to move forward, choose to have a life of joy, and thrive even when things don’t go as planned.”

AMBERLY LAGO

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.**

- Work on strengthening my mindset. The way I perceive my experiences plays a critical role in coping with life's challenges.
- When life feels shaky, try to find gratitude. Gratitude is alchemy. It changes the way I feel about any situation.
- Reflect on where I am in life. Everything I do will either move me closer or further away from my goals.
- Start my day in quiet reflection and prayer. This opens up the channel of communication with God or the Higher Source that guides me throughout my day.
- Spend more time in nature. The serene environment connects me with my inner thoughts and consciousness.
- Honor the promises I make to myself as a phenomenal example of self-love. For example, I promise to wake up early and exercise every morning; I must exercise for my mental and physical well-being.
- Remember my “why” in every situation or circumstance I face. This will build up my discipline to grow and achieve success.
- Put my ego in check. Be willing to look closely at my mistakes and failures, listen to people who disagree with me, and allow the best thinking and ideas to rise to the top.
- Surround myself with people who have good energy. When people around me exude love and light, I can stay focused on my end goals and feel better about myself.
- Practice self-love. Practicing self-kindness lowers anxiety and stress and helps build self-esteem and resilience. In addition, having a good relationship with myself will help me avoid bad habits like people-pleasing and perfectionism.
- Visit Amberly Lago's [website](#) to learn more about her and download her free gratitude journal. Also, check out and read her book, [True Grit and Grace](#), and listen to her *True Grit and Grace* [podcast](#).

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

<https://www.getyourselfoptimized.com/how-to-overcome-the-most-harrowing-challenges-with-amberly-lago/>