

393: Turning Impossible Dreams into Reality

10 Point Checklist

Mark Rocket

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**



“Many of us are so focused on our immediate circles of influence. We rarely reflect on our larger purposes on Earth, and in the solar system, the galaxy, and the universe.”

MARK ROCKET

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.**

- Be conscious of the words I speak. Words have the energy and power to help, uplift, and heal or to hurt, harm, and humiliate.
- Discover the kindness of the human spirit and strive to become a part of it. When there's a need, like a calamity or devastation, set aside differences and unite with others to fix and improve things.
- Join and support non-profit organizations that promote sustainable living, environmental awareness, disaster management, and other ways to make a difference. Simple acts can produce enormously positive world impacts when people work together.
- Learn about the potential of space exploration to help solve the Earth's problems. For example: harnessing the sun's energy directly from space, mining asteroids, etc.
- Be aware of the animal agriculture industry's ethical and environmental issues—research ways to reduce detrimental activity to positively impact animal welfare and the environment.
- Don't impose my beliefs on others. Instead, allow them to choose the best paths for themselves and for their loved ones.
- Find my life's passion. Passion gives me the determination to work hard. Passion makes what I'm doing fun while I make a positive difference in the world.
- Follow my intuition. When I feel excitement about a situation, follow my intuition. My intuition will help me make decisions quickly and adapt to rapidly changing conditions.
- Don't lose hope. Life may be full of discouraging circumstances but allow the dream in my heart to light my path as I walk this Earth. Hope will allow me to find the spark in myself that allows me to make a difference in this world.
- Check out Kea Aerospace's [website](#) to learn more about their work, stay updated on their exciting announcements, and keep in touch with them.

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

<https://www.getyourselfoptimized.com/turning-impossible-dreams-into-reality-with-mark-rocket/>