

401: Inspiring Kids through Music

10 Point Checklist

Dennis Scott

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**



“To connect with hundreds of thousands of people through music is a rare gift. It all started with humble beginnings.”

DENNIS SCOTT

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.**

- Develop my skills and work hard to become an expert in my field to reach my full potential.
- Emulate kindness and compassion in my interactions. Make a positive impact on those around me and create a ripple effect of kindness in my community.
- Center my attention on my work's impact on others and infuse my craft with genuine passion and commitment to finding true fulfillment.
- Balance my passion with the management of my expectations. Find joy in the process to erase discouragement from slow progress or unfulfilled goals.
- Push forward and stay committed to my goals, even when faced with obstacles or setbacks. Persistence is a valuable trait to cultivate in any pursuit.
- Network and make myself accessible to others. Use the power of the internet and social media to make myself more available and approachable.
- Challenge myself to step out of my comfort zone and say yes to new experiences for personal and professional growth.
- Embrace rejection as a natural part of the process of achievement. The rejections I experience don't define my worth or talent.
- Incorporate music and songs to teach children important values and behaviors. Create an engaging and memorable learning process.
- Experience the music of Dennis Scott by visiting his website, dennisscott.net, and listen to his amazing songs to connect with his work.

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

<https://www.getyourselfoptimized.com/inspiring-kids-through-music-with-dennis-scott/>