

# 408: Waking the Sleeping Giant

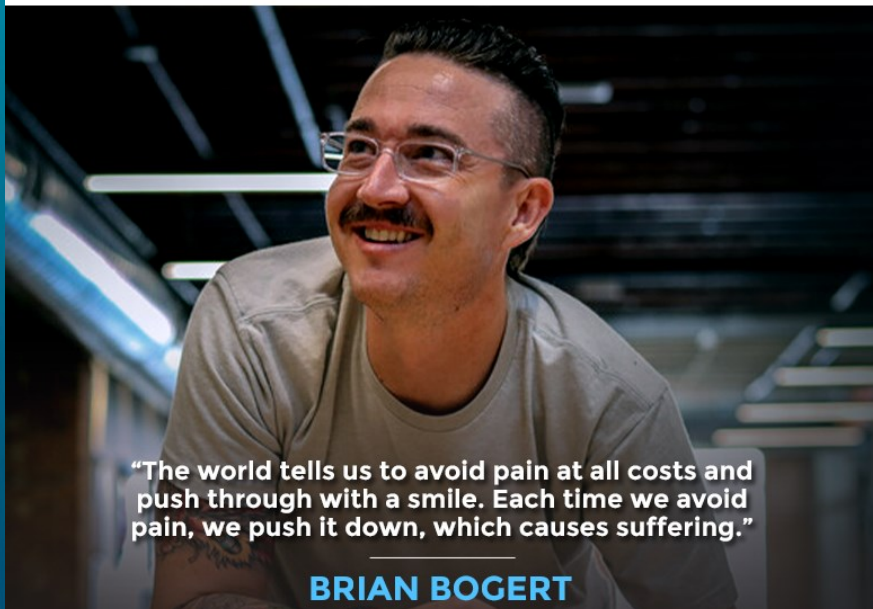
## 10 Point Checklist

**Brian Bogert**

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**



**“The world tells us to avoid pain at all costs and push through with a smile. Each time we avoid pain, we push it down, which causes suffering.”**

**BRIAN BOGERT**

# 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.**

- Cultivate patience and resilience to pursue life's meaning. Embrace my challenges to uncover and fulfill my true purpose.
- Value the time and energy investment it takes to develop my consciousness and spirituality. This cultivates greater self-awareness, inner peace, and a deep sense of purpose.
- Be mindful of my triggers and their impact on my physical and emotional state. These triggers are valuable indicators of what I deem important and the opportunities I have for growth.
- Embrace vulnerability and authenticity to create deep, meaningful connections with others. Ask for help when I need to deepen these connections and develop self-awareness.
- Acknowledge that my mental and intellectual narratives are powerful tools of self-protection.
- Create value and make a positive impact in my relationships. A relationship is meant to develop as a result of mutually beneficial efforts.
- Pay attention to the company I keep and my sources of guidance. The people I surround myself with and seek advice from can greatly influence my life.
- Act intentionally in my relationships and with whom I spend my time. This helps to cultivate an inner sense of safety and security.
- Limit the time and energy I expend on negative emotions. Redirect my focus toward activities that promote personal growth and progress.
- Visit Brian Bogert on his website, [brianbogert.com](https://www.brianbogert.com), to learn more about his coaching programs and [No Limits Course](#).

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

<https://www.getyourselfoptimized.com/waking-the-sleeping-giant-with-brian-bogert/>