

173: The Path to Mastery

10 Point Checklist

Bettie Spruill

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**



**"Integrity isn't about morality;
it's about workability."**

BETTIE SPRUILL

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.**

- Gain a deeper understanding of the five principles of mastery. Bettie mentions that mastery has to do in this sense with people accomplishing what it is they say matters to them in their lives.
- Achieve workability by aiming to understand other person's point of view then working on it for the greater good.
- Be an observer and engage in conversations on how to think instead of what to think.
- Practice mindfulness. Only when I pay attention that a genuine connection and intimacy is created.
- Be responsible for my thoughts and actions. The words I say and the way I show up can have a profound impact on the people around me and myself.
- Revisit an episode with [Ephraim](#) and also with him on [Marketing Speak](#) where they had a deeper conversation on how to live intentionally and on purpose.
- Aim to be trustworthy. Bettie says it's the glue that holds us together and it is that which makes the coordination of our lives possible.
- Practice what I preach. How I live must be congruent to what I'm saying.
- Create a space when having a conversation. Don't just do the talking but give an opportunity for the other person to share their viewpoint.
- Transform how I think and act and get engaged with professional coaching by checking out Bettie's website [IdealCoachingGlobal.com](https://www.getyourselfoptimized.com).

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

<https://www.getyourselfoptimized.com/the-path-to-mastery-with-bettie-spruill/>