

203: Your Hidden Network

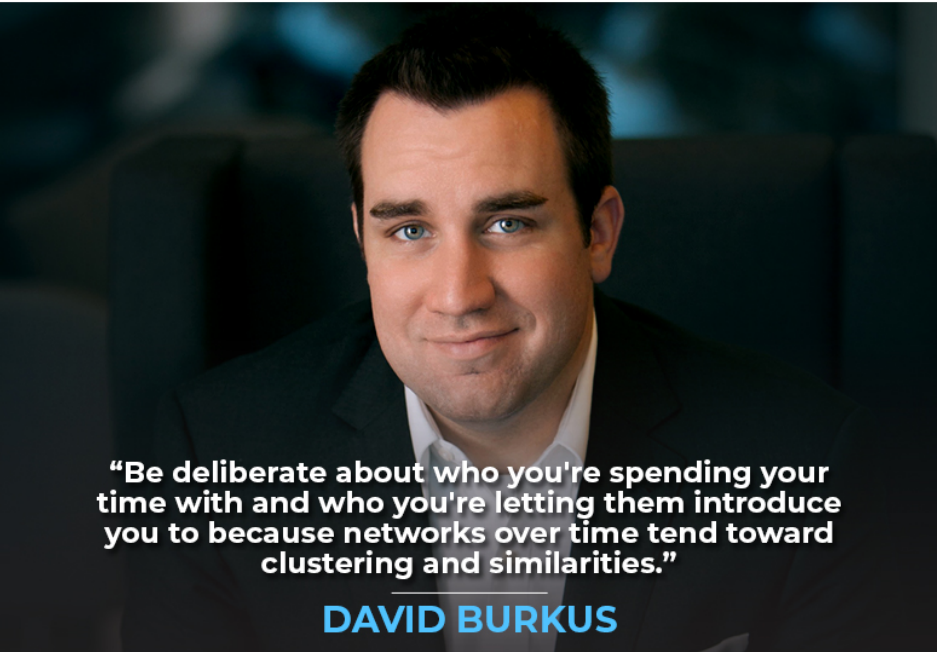
10 Point Checklist

David Burkus

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**



“Be deliberate about who you’re spending your time with and who you’re letting them introduce you to because networks over time tend toward clustering and similarities.”

DAVID BURKUS

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.

- Expanding my contact list shouldn't be a numbers game. Focus on nurturing my existing network instead of looking for a new one.
- Be more deliberate on who I spend time with. The people I know can have a significant impact on my life.
- Include myself in diverse communities. Find and connect with peer groups that have different interests.
- Determine my close ties, weak ties, and dormant ties. Keep in touch with my contacts by hanging out, going to events or sending them the occasional message.
- Register and attend conferences, masterminds or events I am invited to. This is an excellent avenue to network and meet others in my niche.
- Look to engage in different activities with others. This is a great way to build up strong connections.
- Host an event to foster new connections for my guests. Strengthening and expanding peer groups opens more doors for ideas and collaboration.
- Keep improving my communication skills by taking courses or reading self-development books.
- Leverage social media to find, connect and build relationships with people I want in my network.
- Check out [David Burkus' website](#) for more information on his coaching, speaking, and books.

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

<https://www.getyourselfoptimized.com/your-hidden-network-with-david-burkus>