

182: Creating A Lasting Legacy

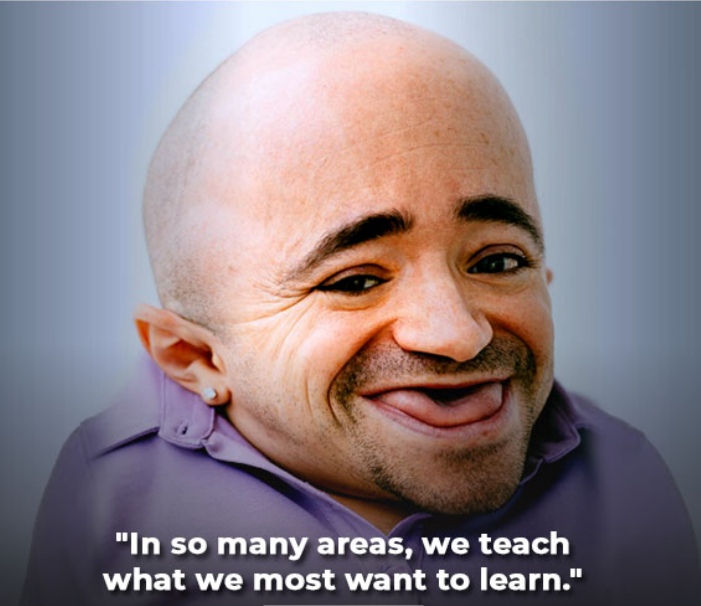
10 Point Checklist

Dr. Sean Stephenson

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**



"In so many areas, we teach what we most want to learn."

DR. SEAN STEPHENSON

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.**

- Refrain from having delimiting thoughts and focus more on my strengths so that I am motivated to create something great and meaningful.
- Identify my strengths and weaknesses and build a team that can fill the gaps so that I could optimize the productivity towards my goal as I concentrate more on doing things that I love.
- Be willing to try new things. Oftentimes, to truly discover your life's calling, you have to be comfortable with the unknown.
- Transform my mindset from multitasking to task-switching. Stephan mentions that multitasking doesn't even exist. What I'm doing is task switching constantly.
- Utilize various assessment programs to better identify team members that are best equipped for their role in my company. Dr. Sean recommends Enneagram. Others are Kolbe A Assessment, StrengthsFinder, DISC.
- Give importance to the values each member possesses and make sure that it's also aligned with the company.
- Evaluate my relationship with money. Ask myself, "Is it flowing abundantly or am I holding on it through scarcity?"
- Learn to give without expecting anything in return.
- Practice self-care. Ensure that I have a daily regimen that's focused on my health and mental well-being. I can do exercise and meditation. Dr. Sean practices Kundalini breathing.
- Never compare myself to anyone but believe and stand on the truth that my life has a purpose and I can use it to serve others.
- Grab a copy of Dr. Sean's book Get Off Your "But" and be inspired to live a life of courage and never give up.

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

<https://www.getyourselfoptimized.com/creating-a-lasting-legacy-with-dr-sean-stephenson>