

042: Transform Your Life Through Intrinsic Happiness and Removal of Toxins


10 Point Checklist

Elissa Fisher Harris

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**



"Most people are conditioned to thinking, "When I have the job... When I have a wife... When I have all of these things, then I'll be happy," and really, it's the opposite. When you're in a predisposition to be happy, those things come much quicker."

ELISSA FISHER HARRIS

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.**

- If you can't pull yourself away from work or social media, use the [Cold Turkey App](#)- you can program all of your devices to lock you out of specific apps at specific times.
- Start training your brain to be happy. For the next 21 days, write down three things that make you happy, and three things that you are grateful for.
- Read labels on everything that you use, from shampoo to cleaning supplies. Only use natural products, and keep chemicals out of your home.
- Check out [Caligenix](#) to get tested for a specialized health plan that is based on your DNA.
- Remember that your past doesn't determine your future. Elissa was homeless and Stephan was a foster child, but you can use your past to better yourself and to help others.
- Do you feel that your success is all luck, and you don't deserve it? You may have Impostor Syndrome-with work, you can change your mindset.
- If you're having your wisdom teeth removed, find out if you can keep them. Being able to extract the stem cells, later on, may be useful.
- Find happiness within yourself before you try to find career or relationship success. When you are already happy, the other parts of your life will fall into place easier.
- Test the water in your house. Even water that has been treated can have too many chemicals.
- Find an integrative medical doctor or licensed naturopath in your area to run blood panels and tests to find out your level of toxicity.

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

<https://www.getyourselfoptimized.com/transform-your-life-through-intrinsic-happiness-and-removal-of-toxins-elissa-fisher-harris/>