

# 308: Practical Wisdom from a Renowned Gardener

## 10 Point Checklist

### Fran Sorin

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**



**"If you learn to slow down, observe, and listen,  
life will change, and things will come to you."**

**FRAN SORIN**

# 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.**

- Take breaks to simply breathe. Having quiet time is a healthy way to get in touch with nature while enjoying downtime from my busy life. There is beauty in simplicity.
- Learn gardening. Connecting with nature can help me gain wisdom and understand the meaning of life as I get my hands dirty.
- Focus on my dreams. No matter how challenging, I should never lose sight of my goals. Achieving them is only impossible if I don't try.
- Let go of materialism. Chasing after trends will only rob me of my hard-earned money. Instead, I should find what truly brings me joy and focus on that.
- Leave unhealthy environments. I'm not obligated to stay in places where I'm unhappy and stagnant. Instead, I should find the strength to walk away and cut off people when I have to.
- Stop dwelling on negative feelings. Emotions are fleeting, and I should learn how to manage them. By letting negative sentiments pass, I'm able to focus on the positive ones instead.
- Always be curious. Having the attitude to explore what I find exciting will open possibilities for me. It allows me to test my limits and go out of my comfort zone.
- Don't forget to laugh. Life doesn't always have to be so serious. Letting myself have fun is beneficial for my physical and mental health.
- Take time to awaken my senses. I should learn how to slow down, bask in my environment, and open up to nature. This habit allows opportunities to flow into my life freely.
- Visit Fran's [website](#) and read her book, *[Digging Deep: Unearthing Your Creative Roots Through Gardening](#)*, to learn more about how I can maximize my experience gardening. Then, check her out on [Twitter](#) and [Instagram](#) for more updates.

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

<https://www.getyourselfoptimized.com/practical-wisdom-from-a-renowned-gardener-with-fran-sorin/>