211: Disruption: Your Key to Success

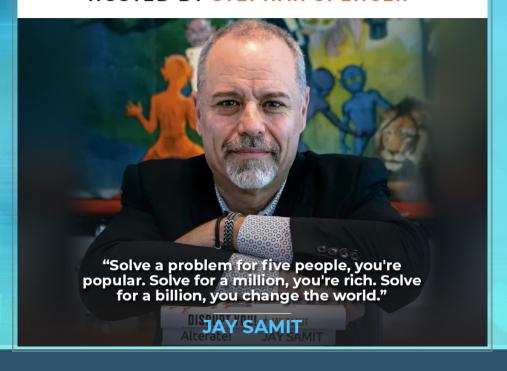
10 Point Checklist

Jay Samit

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



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.

☐ Let change manifest from within myself before I seek change from the outer world.
☐ Build perseverance. Failure is a part of my journey to success, so it doesn't matter how many times I fail, what matters is how many times I try.
Develop a sharp business insight by having a deep understanding of the people in my community, the world, and the resources that I have access to.
☐ Write down three problems a day for one month. This will allow me to become more away of patterns in my challenges so I can more creatively tackle them.
☐ Refrain from comparing my work to others. I chose my own life path and will build myself up in the best way I know.
☐ Go out and speak to the public. Share what I've learned so that others can apply it to their lives.
Always look on the brighter side of things. Optimism should be included in every business strategy because positive thoughts often lead to positive outcomes.
☐ Be adaptable to changes. There is nothing permanent in this world, therefore, I should be prepared with whatever comes my way.
☐ Take advantage of the digital age. There are so many resources the internet can bring and one of these is human resources. Take a look into outsourcing and hire freelancers who can get the job done without added overhead costs.
☐ Grab a copy of Jay Samit's book, <u>Disrupt You!</u> , and start building my own empire today.
To view the transcript, resource links and listen to the podcast, visit:

https://www.getyourselfoptimized.com/disruption-your-key-to-success-with-jay-samit

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