

# 270:Work Smarter, Not Harder

## 10 Point Checklist

**Laura Roeder**

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're running an online business, you need to get your hands dirty and your mind more open."**

**LAURA ROEDER**

# 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.**

- Fuel my desire to be successful in my pursuits. There's no better time than right now to get up and go after the life of my dreams.
- Don't be afraid to get out of my comfort zone. I'll never know unless I try. If it's something that I find that I love, that's great. And if it's something that is not, I can move along to the next thing.
- Set some boundaries, be clear with my intentions, and respect other people's time. Be professional in everything that I do and ensure that I have everyone's best interests in mind, including my own.
- Take advantage of globalization. There are so many possibilities today, thanks to technology and the Internet.
- Create a list of my top five priorities but focus on one thing before moving on to the next.
- Determine whether my interests are worth pursuing. It doesn't matter if I kick off something early in life or right now. What matters most is that I start.
- Never stop learning. Keep improving my skills and knowledge. Find a mentor, join a masterclass, read books- anything that can expand my mindset.
- Don't be easily discouraged. Failure is part of my journey to success. When one door closes, another one opens.
- Have fun along the way. Just do what I love and have faith that the rest will follow.
- Check out Laura Roeder's new app, [Paperbell](#), a transformational new software that'll make mentors and coaches fall back in love with their coaching business.

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

<https://www.getyourselfoptimized.com/work-smarter-not-harder-with-laura-roeder/>