110: Oprah's Dog Trainer Tells All

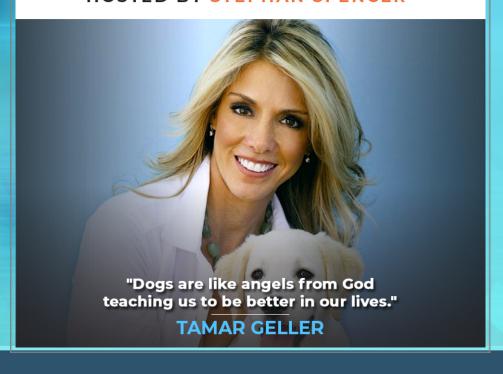
10 Point Checklist

Tamar Geller

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.

	Think of my dogs as toddlers and treat them the same way I would like my child to be treated and taken care of.
	As a "pawrent," I need to set some ground rules for my dogs to follow by starting as a good example. Don't dwell on the myth that dogs are the ones in charge.
	Having a pet, like a serious relationship, is a commitment. I need to think about my dog's welfare and make sure that I am able to devote time and care for them.
	Instead of barking commands and forcing my dogs to learn, find out why they're doing it and try to fix it with a different, gentler approach.
	Dogs can get uncomfortable with too much certainty. Change their routine up a bit by taking a different route on walks or giving them a different treat from time to time.
	Too much uncertainty on the other hand is not good for my dog as well. I need to make them feel that they are in a secure, safe place.
	Make sure my dog gets a good amount of physical activity during the day, because dogs can become restless when their needs are not being met. One of these regular needs is physical exercise.
	If I need to change my dog's habits, I need to reflect on myself first and see what I need to change so that my dog can adapt to it.
	When taking my dog to the park, make sure that I have treats and refreshment with me so that when it's time to come home, the dog would not hesitate to leave the park with me.
	Give my dogs a good life – these furbabies are changing mine for the better as well, and I should be grateful for that.
То	view the transcript, resource links and listen to the podcast, visit:

https://www.getyourselfoptimized.com/oprah-dog-trainer-tells-all-tamar-geller/