

The 100th Episode! Lessons, Highlights, and Insights

10 Point Checklist

Stephan Spencer interviewed by Orion Talmay

Want to gain as much knowledge as possible out of The Optimized Geek? 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.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



“Knowledge is power. Always be learning, optimizing and up-leveling in every aspect of your life.”

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.**

- Strengthen and nurture my spirituality by exploring different teachings that can give light to my true purpose and teach me how to be a better person.
- Help people with true intention and not because I want to get something out of it in return but because I simply want to help and share my blessings.
- Understand that being vulnerable is not a sign of weakness and that my ego is separate from my true self. The real me is revealed when I peel back all my layers, raw & exposed.
- Explore Gary Chapman's 5 Love Languages and learn my and my partner's primary love language so we can be more intentional in our connections.
- Study the teachings of Alison Armstrong to get an insight into whether my partner's hurt is coming from a feminine or masculine side to better understand how to respond appropriately.
- Improve my relationship by showing appreciation and focusing on the good through techniques like Imago Therapy.
- Get my hormones tested to see if I need to take hormone boosting supplements to be more vital, feel stronger and be more present, powerful, and capable.
- Own my body by working out and going to the gym or hiring a personal trainer and experimenting with different techniques that work best for my body type.
- Look into different biohacking techniques and explore the teachings of Dave Asprey and the Bulletproof movement.
- Have a morning ritual to get in the right mindset to start my day. I can learn more about this technique with Hal Elrod's Miracle Morning.