

# 397: The Road to Self-Actualization

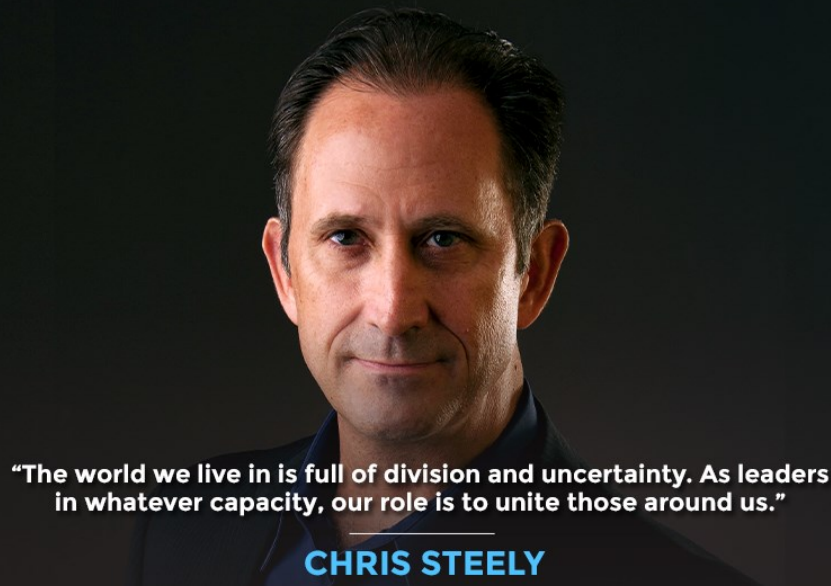
## 10 Point Checklist

**Chris Steely**

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**



**"The world we live in is full of division and uncertainty. As leaders in whatever capacity, our role is to unite those around us."**

**CHRIS STEELY**

# 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.**

- Live courageously. Be ready to face and embrace all of the challenges life throws at me. Accept the reality that the journey to self-actualization will never be a walk in the park.
- Keep learning about myself. Deep knowledge of who I am is a strong motivation to live a meaningful life.
- Don't succumb to the victim mentality. Instead of blaming something or someone else, remain in control of how I feel and my perspective. Trusting myself to overcome challenges grants me power to turn my life around.
- Meditate to slow down, experience peace, and stay centered. Meditation helps me become aware and more purposeful with my actions. It also teaches me to respond, rather than react, to situations in my life.
- Pay attention to my behavior and how I treat myself and others. Raise my consciousness through my experience, discipline, and commitment.
- Become a force for positive change in the world. Step up my game to create a more peaceful and productive society. Even small, positive changes I make can have a great impact on others.
- Be a leader that people want to follow. People long for guidance from those they respect and who have a clear life direction.
- Always pray for wisdom. Achieve clear discernment to help me overcome difficult situations and prevent huge losses.
- Consistently evaluate myself. Ask the following questions: What are my perceptions? Why do I have my perspective? Given my perceptions, what do I want? What will I do to get what I want? Will my actions get me what I want? Is this the most benevolent way for me to achieve my desired outcome?
- Visit Chris Steely's [website](#) or follow him on [LinkedIn](#) to get to know him better and to stay posted on his latest news. Check out GPS Business Group's [website](#) to learn more about Chris's services, training, and workshops.

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

<https://www.getyourselfoptimized.com/the-road-to-self-actualization-with-chris-steely/>