

Optimize Your World, Inside and Out

10 Point Checklist

Ross Tavendale

Want to gain as much knowledge as possible out of Marketing Speak?
Read on below for a **10 point checklist** that gives the next, real steps
you can take to elevate your marketing to the next level.

MARKETING SPEAK 

HOSTED BY **STEPHAN SPENCER**



“How you think and how you act are very different things. Nothing life-changing happens instantly. That's not how that works. You do it in tiny increments until one day you become it.”

ROSS TAVENDALE

10 STEPS YOU CAN TAKE TODAY

Want to step up your marketing game?

Here are 10 steps that can move you closer to your goals – today.

- Get some good quality sleep. Sleeping six to eight hours a day isn't as healthy as it seems if I'm not doing it correctly. Time of day, noise reduction, environment, even the type of mattress can affect my sleep quality.
- Exercise smartly and not haphazardly. Aimlessly working out may not produce the best results. Sometimes it can even be dangerous. Learn what type of exercise is best for my health status and body type.
- Learn more about lucid dreams. Lucid dreams may potentially be an aid to one's awakening. Being aware of what I do in my dreams can help reduce anxiety and improve critical thinking and creativity.
- Find out whether I have Irlen Syndrome. It is a condition where a person's brain becomes overactive when exposed to specific wavelengths of light. It's why sometimes it's tiring to read for a more extended time.
- Check whether the Egoscue Method is something that can help me in terms of treating chronic pain. It is a safe, effective, and permanent relief without the need for prescription painkillers or invasive surgery.
- Determine my masculine and feminine energies so I can match my significant other's vibrations. Understanding this can help strengthen and improve my partner and I's intimate feelings toward each other.
- Avoid sugar at all costs. Be mindful of what I eat and stick to natural, healthy, and organic produce. Eating processed food remarkably affects the hormones.
- Make use of productivity hacks to accomplish my tasks more efficiently. Doing too much busywork without an end goal in mind is aimlessly completing tasks without minding the results.
- Become financially independent. Keep looking for ways to improve how I save and invest my money. It's always better to have multiple streams of income and a good backup for the rainy days.
- Check out Ross Tavendale's company, [Type A Media](#), to learn more about his mission in helping clients drive operational efficiency and gain results faster.