

# 330: Tuning Your Chakras


## 10 Point Checklist

### Anat Phil-Golan

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**



"This made me what I am today because they gave me the opportunity to be me, not to feel strange, not to feel like I'm not like everybody else."

**ANAT PHIL-GOLAN**

# 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.**

- Don't compare myself to others. I am a beautiful person with unique abilities that the world needs.
- Explore life. Exploration leads to more knowledge and understanding myself and the world.
- Align my chakras. Go to a professional, maybe once a month or once every six months, to get my chakras cleansed, balanced, and realigned.
- Try using essential oils. Essential oils have a wide range of medicinal and therapeutic properties. For example, a scent can bring back something from my past or give back my faith and energy.
- Have a willing suspension of disbelief. I need to open my heart and believe that I can get everything I want.
- Don't rush. It doesn't matter how, where, and when; just believe that I will get to my destiny.
- Don't hold back the tears. Crying is one of the best things that can happen to me as a human being. Tears are my body's way of protecting, soothing, and healing.
- Be thankful for everything. There are things that I don't want, but they happened for my soul's highest good.
- Live with compassion. Just open my heart and give to people. When I smile at the world, the world will smile back.
- Learn from other people. Temporary people teach permanent lessons.
- Visit Ani-La Anat Phil-Golan's [website](#) to know more about her and work with her.

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

<https://www.getyourselfoptimized.com/tuning-your-chakras-with-anat-phil-golan/>