

346: Ancient Wisdom Meets Quantum Weirdness


10 Point Checklist

Dr. Kim Redman

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**



"Abilities come before control. Until we have control, our assets are perceived as liabilities."

DR. KIM REDMAN

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.**

- Set up a safe environment when training for astral projection. Always work with a mentor when first starting. This ensures that the experience won't cause any trauma to my physical body.
- Be open to learning. To be a leader in the field, I should be eternally seeking new knowledge and wisdom to uplevel my skills.
- Address the different perceptions of what a god is. Whether that's a traditional God, an intelligence of the universe, or a higher self connected in a net of light, embrace the perception that people are given free rein to have experiences so their soul evolves.
- Always have a lot of support when tapping on my gifts and abilities. Moral and emotional support is needed because there might be some old traumas that I need to deal with to fully utilize my gifts and abilities.
- Step away from karma as good or bad, punishment or reward. Instead, ask the following questions: Am I really walking the high road? Am I taking the time to develop emotional intelligence? Am I coming from my most heartfelt response, even when there's no one there to see or hear?
- Stop worrying and start living my best life right now. Remember that I am on this planet because I've got karma. Or else I wouldn't be on this planet.
- Surrender to my experience. There are many life lessons that I will learn because of my experiences. Have faith that there is something bigger than me.
- Be kind and love yourself. I can't give love and kindness to others when I don't give it to myself.
- Define what true self-care is. Ask these simple questions: What fills me up every day? What fills up my heart? What fills up my body? What fills up my relationships?
- Visit Dr. Kim Redman's [personal website](#) and [corporate website](#) to get to know her more and work with her and her team. Also, connect with her and her team through [email](#), [Facebook](#), and [LinkedIn](#).

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