

347: When the Universe Speaks

10 Point Checklist

Kimberly Klein

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**



“There are two ways to break through to become a believer or spiritual, either through a lot of intense work – learning, meditating, trying – or instantaneous shattering.”

KIMBERLY KLEIN

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.**

- Have a mentor. It's great to have someone I can lean on and help me with my spiritual breakthroughs.
- Learn how to discern. I have to be discerning about who I'm listening to and confirm that it's of the light. In the spirit world, not all spirits have good intentions.
- Build a protective bubble around me in my spiritual journey. Remember that not all spirits are from the light.
- When in doubt, always have someone I can go to for confirmation of the messages I receive. My emotions may hinder or manipulate them, so it's good to have another psychic I trust confirm them.
- Ask for a “without a doubt” sign. When I get a sign, I need to acknowledge it and thank the spirit.
- Listen and trust my gut instincts. Following my intuition can certainly direct me toward the best path I need to take.
- Appreciate everything in the universe. When I'm grateful for all that I have, it puts me in a receiving mode. Also, by being thankful and satisfied, I naturally attract more good things into my life.
- Be kind and love yourself. I can't give love and kindness to others when I don't give it to myself.
- Be with nature. Nature is a good storyteller and can tell me what I need to know if I'm more aware of my surroundings. Also, nature cleans out my filters, opening up more doors for my spiritual journey.
- Have an empowered prayer that will be my protection for the people around me. It's a prayer of early warnings. Example: If there's anything that I need to know to keep me or my loved ones away from danger, please give me the information to understand and make changes so that we will stay out of harm's way.
- Visit Kimberly Klein's [website](#) to connect and work with her. Also, check out her books, [The Universe Speaks Book 1](#), [The Universe Speaks Book 2](#), [Seeds of Wisdom and Heavenly Inspirations](#), and [Hummingbirds Don't Fly In The Rain](#).

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

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