

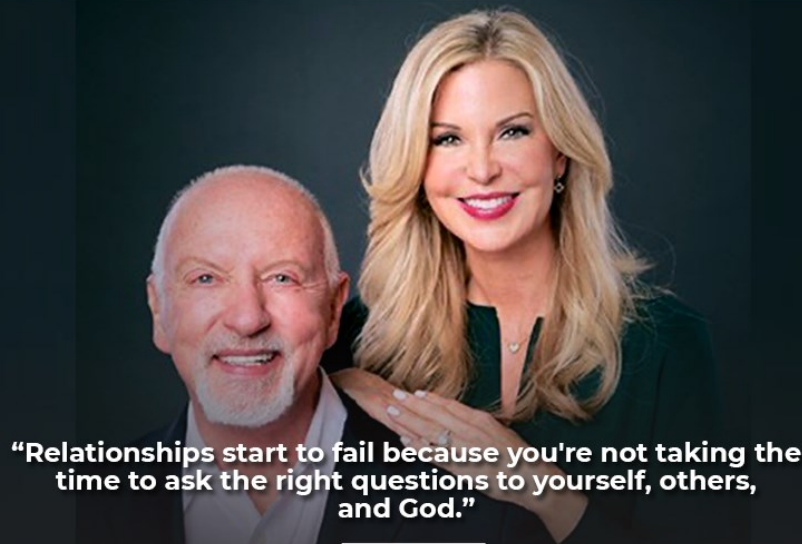
# 349: Unlock the Door to Your Destiny

## 10 Point Checklist Crystal and Mark Victor Hansen

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**



**CRYSTAL AND MARK VICTOR HANSEN**

# 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.**

- Always pray out loud to God. This is a way to communicate with Him. Remember that God is the ultimate oneness; miracles happen when I am in tune with Him.
- Look at people in their divine spark, not at their exterior. To see the divine in others is to recognize that they are sons and daughters of God. It is to look past what they do wrong and look for the inner goodness that shines through.
- There is a living essence in everything. Earth is so full of life and has almost a mother-like soul of her own because she's a gift from God.
- Don't get stuck. Allow my mind to be open to new possibilities and be willing to explore life without barriers. Curiosity is part of the asking journey.
- Ask others. I will never accomplish anything in this world without somebody else involved. Remember that no man is an island.
- Have a reflective journey on Earth. The only way I can get a vision of going forward is to sit with myself and ask myself these questions: Where am I now? Where do I want to be in the nth degree of my most amazing imagination?
- Stop holding back. Stop painting a minimalist picture. Instead, paint the picture of what I want in my relationships and ask these questions: How am I relating in this relationship to this wonderful human being? What do we enjoy together? How do we treat each other?
- Ask for my greatest purpose. Don't ask: What am I going to get out of this? Instead, ask this question: Who do I become if I do this thing or make this decision?
- Ask God to use me as a delivery person for His miracles. I have to be in service mode and ask for the best and most benevolent outcomes for everybody.
- Join Crystal and Mark Victor Hansen's [book club community](#). They are doing a free masterclass for people to take their journey further and go deep with the whole concept of asking.

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

<https://www.getyourselfoptimized.com/unlock-the-door-to-your-destiny-with-crystal-and-mark-victor-hansen/>