

356: Messages from the Other Side

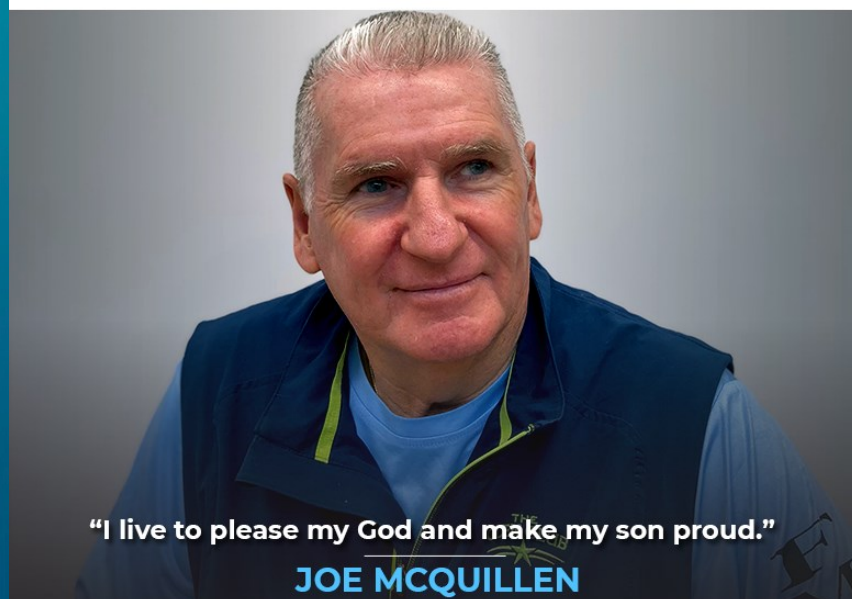
10 Point Checklist

Joe McQuillen

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**



"I live to please my God and make my son proud."

JOE MCQUILLEN

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.**

- Be optimistic. Life is full of unspeakable tragedies. Acknowledge the existence of loss, pain and suffering, but hope and meaning can be found in life.
- Be gentle with myself. Grief is exhausting. Take care of my body during periods of intensive stress. Carve out time for naps, eat nourishing foods, and drink plenty of water.
- Emotions that accompany grief are all valid. Whatever I feel at a given moment makes sense.
- Seek out support. Do not isolate myself when grieving; instead, seek out people to help me overcome my situation.
- Do a life review. It can provide new insights that result in resolving old issues, reconciliation with estranged loved ones, atonement for past mistakes, and integration of the past with the present. Finally, it can culminate in serenity and acceptance of the life one has lived.
- Don't fear death. If it's my time to go, then I'm good. Accept it if it's my loved one's time to go. Fearing death will make it hard for me to process grief when losing someone dear to me.
- Establish a relationship with God through prayer and meditation. It is important to have a relationship with God to have an anchor when facing situations and circumstances.
- Believe that God answers all my prayers. The answer may be yes, no, or not yet. Praying doesn't mean that I get everything I want, but all are answered.
- Believe that there is an afterlife. My loved ones that passed away are just on the other side. I may not be with them physically, but we can still connect spiritually.
- Visit Joe McQuillen's [website](#) to learn more about his story. Also, check out and read his books, [My Search for Christopher on the Other Side](#), which tells the story of the journey of discovery, and [We're Not Done Yet, Pop](#), which takes his audience to the next level of discovery and awakening.

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

<https://www.getyourselfoptimized.com/messages-from-the-other-side-with-joe-mcquillen/>