

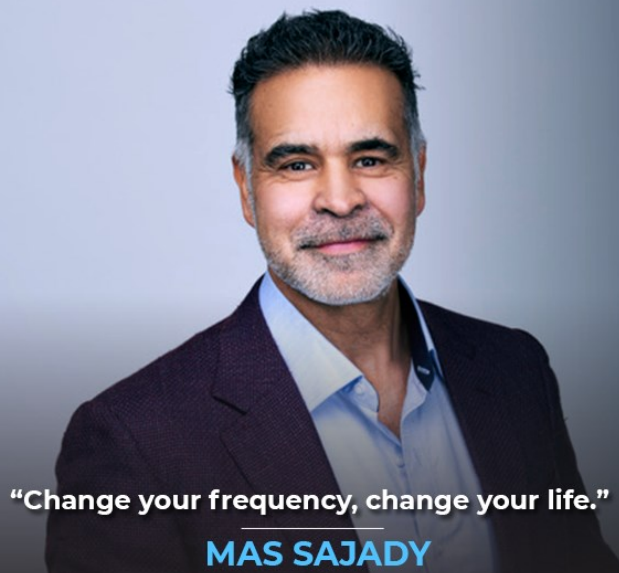
365: Exponential Spiritual Growth 10 Point Checklist

Mas Sajady

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**



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.**

- Learn from the past and each other. This will allow me to gain new perspectives and help me make better decisions in life.
- Focus on achieving a higher level of health and performance of the mind, body, emotions, and actions.
- Release the old version of myself and let go of the limiting beliefs that came along with it. My past is not always who I am or who I will be.
- Detach from negative energy and thoughts. Communicating with my higher self can keep me calm, grounded, and in tune with the world around me.
- Reconnect with others and help each other. Surrounding myself with mindful people will help me obtain a higher level of understanding of my consciousness.
- Protect my higher self and set healthy boundaries. Keeping protective light around me is one of the best things I can do to ward off negative influences.
- Remove greed from my heart. Greed turns people into corrupt and dishonest human beings, and I must restrain myself from becoming that way.
- Seek knowledge and resonate with that knowledge. Share the light so it keeps spreading and helping others.
- Create and see the future through my higher consciousness. Awareness of my awareness gives me the power to materialize or manifest.
- Check out Mas Sajady's [website](#) to learn more about him and his services. Also, follow him on [Instagram](#) and [Facebook](#) for his latest updates and subscribe to his [YouTube](#) channel for free video content.

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

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