

# 367: Marrying the Material and the Spiritual


## 10 Point Checklist

### Dr. John Demartini

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**



"The journey of becoming is one's personas being integrated over time into a full being."

**DR. JOHN DEMARTINI**

# 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.**

- Never stop learning. Wisdom is the key to making choices that bring joy. In addition, it allows me to contribute better to my community by balancing my needs and boundaries with those of others.
- Question my thoughts. In this episode, Stephan and Dr. Demartini talked about Byron Katie's four questions to every thought one has. The four questions are: Is it true? Can I know with absolute certainty it's true? How does that thought make me feel? And if this thought didn't exist, what would life be like?
- Be authentic. Being my true self is the best way to form meaningful relationships, which are integral to career success and growth. Always remember that the universe rewards authentic people.
- Trust, have confidence and pride in myself and my abilities. Practicing self-love means setting boundaries, being mindful, and removing toxic people from my life.
- Treat the people around me as equals. Their values are equally as valuable as mine. No one is superior or inferior to others.
- Aim to live a life that can be inspiring to those around me. Inspiration awakens people to new possibilities by allowing them to transcend their ordinary experiences and limitations.
- Add affirmations to my daily routine. Affirmations can motivate and help me concentrate on achieving goals in life. Doing so gives me the power to change my negative thinking patterns and assist me in accessing a better belief system.
- Be mindful and in control of my perceptions and actions. Observe how I react to situations and ideas, whether I agree with them or not. Every effort I put out affects me and my surroundings.
- Be mindful of the upsides and downsides of every decision. There will always be consequences to whatever I do. I have to make sure it's all worth it.
- Visit Dr. John Demartini's [website](#) to determine my values, discover what drives me the most, and learn more about Dr. Demartini's events and courses.

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

<https://www.getyourselfoptimized.com/marrying-the-material-and-the-spiritual-with-dr-john-demartini/>