

# 372: See Miracles

## 10 Point Checklist

### Barry Shore

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**



**"Once you recognize that you are an essential element in the universe, you become a conduit of goodness and a child of God."**

**BARRY SHORE**

# 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.**

- Focus on the good things. Situations and circumstances are part of life. Positive thinking is important because it can have a beneficial impact on both my physical and mental well-being.
- Keep reminding myself that I'm an essential element in the universe. I am a conduit of goodness that can make a difference in the world.
- Aim to lead a purpose-driven life. Individuals with a strong sense of purpose tend to be more psychologically resilient.
- Keep looking for the miracles that happen every day. Even the smallest things can massively impact one's life.
- Visualize and practice affirmations daily. Doing so allows me to change my beliefs, assumptions, and opinions about the most important person in my life — ME!
- Work toward becoming the best version of myself. Working on myself can build bridges of harmony and create more joy, happiness, peace and love in the world.
- Keep my words and deeds in alignment with my thoughts. This will allow me to be clearer in expressing my truth and have the power to bring it into reality.
- Replace the word paranoia with pronoia. Pronoia is the understanding and knowing that everything is there for my benefit. Live it, taste it, experience it, and it will be a part of me.
- Exercise positive self-talk. The most important speech I'll ever hear is from myself. SELF-TALK stands for recognizing that I am a Soul Experiencing Life Fully, Teaching Always Love and Kindness.
- Visit Barry Shore's [website](#) to learn more about him and to access his free resources. Also, check out and read his new book, [The Joy of Living: How to Slay Stress and Be Happy](#).

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

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