160: Elevate Your Energy And Expand Your Consciousness

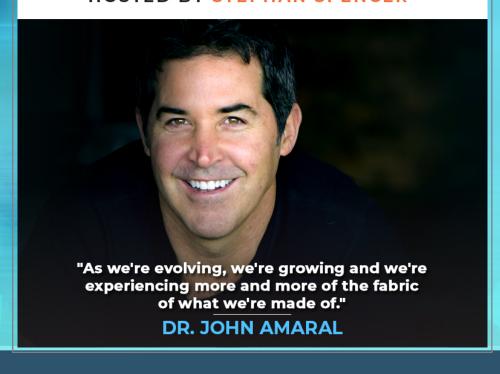
10 Point Checklist

Dr. John Amaral

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.

☐ Be cognizant of what's happening around me and within me. Everything is energy and a pattern and nothing happens by accident	У
☐ Take notice of how my body reacts to stressful situations. The more aware I am on my patterns, the better I can handle or go through with them.	of
Identify my stress factors. Aim to manage it by planning ahead but also realize th everything is not under my control.	a
Utilize techniques that have proven ways to release the body from tension and ta into positive energy flows.	ιp
Seek help from skilled professionals that can guide me getting into a coherent or flow state.	
 Reach out to organizations like HeartMath that conducts studies on the heart-bra relationship and find out how it can benefit me. 	ıir
☐ Let go of prejudgment. How I perceive someone is usually a reflection of myself.	
Engage in events and retreats purposely held in places that promote healing and shift in positive energy.	ĺ
Research more about biofeedback devices such as <u>Oura ring</u> and <u>LumoLift</u> .	
Check out John's <u>Body Centered Leadership</u> program that teaches people how to get in sync with their body and increase conscious awareness.	0
To view the transcript, resource links and listen to the podcast, visit:	
https://www.getyourselfoptimized.com/elevate-your-energy-and-expand-your-consciousness-with-dr-john-amaral/	