297: Harness the Heart Brain Connection

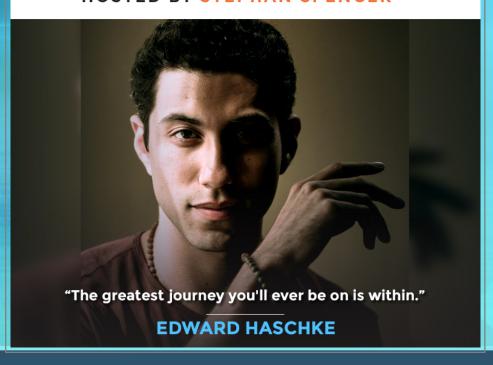
10 Point Checklist

Edward Haschke

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.

	Constantly work on raising my awareness and vibration. Life is a never-ending journey of discoveries and new things to learn.
	Become more conscious of my thoughts. Acknowledge what they are, and if they don't serve me, let them go.
	Appreciate the beauty around me. Always focus on the positive and keep promoting what's good.
	Reprogram beliefs that no longer serve me. Humans are ever-evolving beings. I am a constant work in progress. What works for me today might not be the case tomorrow and that is okay.
	Visualize my dreams until they become reality. Manifesting my dreams attracts everything that is for me. Believe that I am meant for the things I desire, and truly deserve them.
	Live with intent, focus, and purpose. Learn to avoid life's distractions to truly appreciate its beauty.
	Set some boundaries. Saying no is also an act of self-love.
	Breathe deeply and slowly. Practice some breathing techniques that can help clear my mind.
	Nurture my relationships. Having a sense of belonging brings out the best in me.
	Check out Edward Haschke's website to connect with him and his art.
To view the transcript, resource links and listen to the podcast, visit:	
<u>htt</u> p	os://www.getyourselfoptimized.com/harness-the-heart-brain-connection-with-edward-haschke/