

# 217: Beating Cancer

## 10 Point Checklist

Michelle Patterson

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**



**"As long as I'm on the planet, I'm going to share with anybody that will listen. My job is to spread the message that this is your opportunity to fall in love with yourself."**

**MICHELLE PATTERSON**

# 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.

- Define my wellness journey and invest in my health. This is something I cannot ignore as I age.
- Embark on a soul-searching journey at least once in my life. Take a new path that will open my mind to different possibilities.
- Ensure I take care of my mental health. To achieve a well-balanced life, I need to consider my emotional, mental, and spiritual well-being, not just my physical condition.
- Research more about the effects of cannabis on healing cancer. Several studies prove the controversial plant's healing effects.
- Meditate or stay still in prayer for at least a few minutes a day. Taking pause from my busy day can help clear my head.
- Research alternative medicine and find out whether it would work for my lifestyle.
- Find a strong support group that understands what I am going through. It should be a place where I can freely share my thoughts and emotions without feeling judged.
- Practice the attitude of gratitude. Focus on the good, and positivity will reign.
- Take control of my reality. My health and well-being is in my hands.
- Follow Michelle Patterson's advocacy and be inspired and empowered on [Michelle Patterson Live](#).

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

<https://www.getyourselfoptimized.com/beating-cancer-with-michelle-patterson>