

# 232: Optimize your Meditation


## 10 Point Checklist

Ariel Garten

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 we continue to practice and learn the trusted and proper methodologies and push ourselves in different directions, we continue to open up to life."**

**ARIEL GARTEN**

# 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.

- Stay aware of my mental state. Monitoring my emotions closely when things get tough can help me know how to manage them better.
- Learn new self-development methodologies and push myself in different directions. As I continue to open myself up to broader and deeper possibilities, I expand my capacity and skill set.
- Learn to quiet my mind. It's difficult for people with hyperactive minds to achieve inner peace, but it's possible with the right training.
- Find ways to heal or get over trauma. NLP, meditation, and seeking spiritual counseling can help remove trauma that is weighing on my body and mind.
- Lean into fear. Once I lean into fear and really feel it, I will be able to recognize that fear is not something to be afraid of.
- Journal about my day. As old emotions, thoughts, and ideas come up it's good to explore them through journaling.
- Build and maintain loving relationships. When I feel fully loved, worthy, and safe, the positivity keeps me from having discouraging thoughts.
- Stay in the present moment more than looking towards the future. It's ok to plan, but don't forget to remain in the now.
- Go on a journey or a sabbatical to refresh and recharge the mind. Taking a break is good for the body and soul.
- Learn more about Muse and meditation by visiting their [website](#).

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

<https://www.getyourselfoptimized.com/optimize-your-meditation-with-ariel-garten>