

# 014: The Power Of The Morning Ritual To Transform Your Life

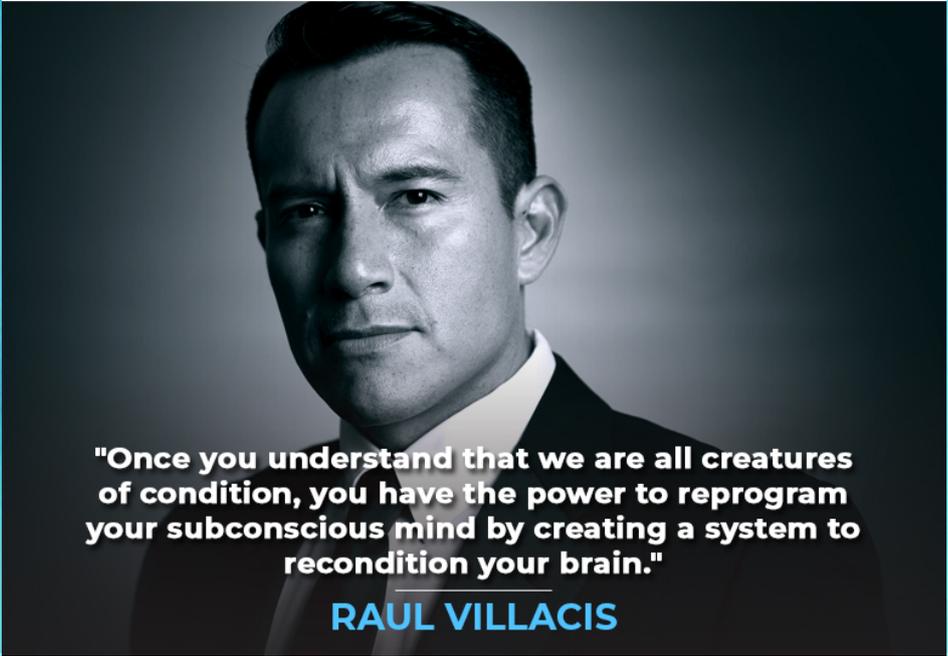
## 10 Point Checklist

### Raul Villacis

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 understand that we are all creatures of condition, you have the power to reprogram your subconscious mind by creating a system to recondition your brain."

**RAUL VILLACIS**

# 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.**

- Think about attending a Tony Robbins event if you find that you can't find more motivation in your life.
- Attend a mastermind to create a dramatic change and meet people who are ready to make the same kind of commitment to change as you.
- Recognize what your true, deepest fear is. What's the thing that you are afraid to admit?
- Find the emotion behind the statements of your affirmations.
- Find a song that helps you remember what you are grateful for in your life.
- Find a song that gives you energy and makes you feel amped about life. While listening to this song, create a vision beyond yourself.
- Think about what brings you joy, and things in your life that you are grateful for and believe in.
- Decide a motion that can be your anchoring motion, that you can anchor to a very positive moment in your life, like the firewalk.
- Don't let yourself hide from improvement because you are afraid or self-conscious.
- If you are having a bad day, return back to those anchors to recognize what you are grateful for and what your options are to move forward.

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

<https://www.getyourselfoptimized.com/the-power-of-the-morning-ritual-to-transform-your-life-raul-villacis/>