

# 096: Optimize Your Soul

## 10 Point Checklist

**Adam Siddiq**

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**



**"Be reunited with a sense of love and spirit because we are all in this together."**

**ADAM SIDDIQ**

# 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.**

- Master the positive state of energy by practicing how much I should invest or put out on a core level in a certain experience.
- Spend time with people who resonate with me at a higher level to empower myself and keep my energy state optimized.
- Put my hand on my chest and focus on inhaling and exhaling deeply. And as I do, the exercise doubles the amount of love I am emanating.
- Remember that life doesn't happen to me it happens for me. This helps me avoid seeing myself as the victim.
- Eliminate stress and toxins in the body by not consuming unhealthy oils and switching to something healthier like Udo's Oil.
- Make a sustainable transformation in my life by realizing that enough is enough, and I'm not going to tolerate negative energy in my life, instead, I will use it as a catalyst for positive change.
- Change my personal identity to more of who I am at the "soul level" and not settle for less or be less.
- Experience, live and embody my connection to the divine. Be awakened and actually feel the connection as opposed to just believing it or reading about it.
- Use meditation as a tool to understand my divine purpose and to help transform my thoughts and energy levels.
- Learn more about Network Spinal Analysis (NSA) and the 12 stages of healing along with the four seasons of life by reading [The 12 Stages of Healing by Donald M. Epstein.](#)

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

<https://www.getyourselfoptimized.com/optimize-your-soul-adam-siddiq/>