

098: Connecting to Infinite Energy

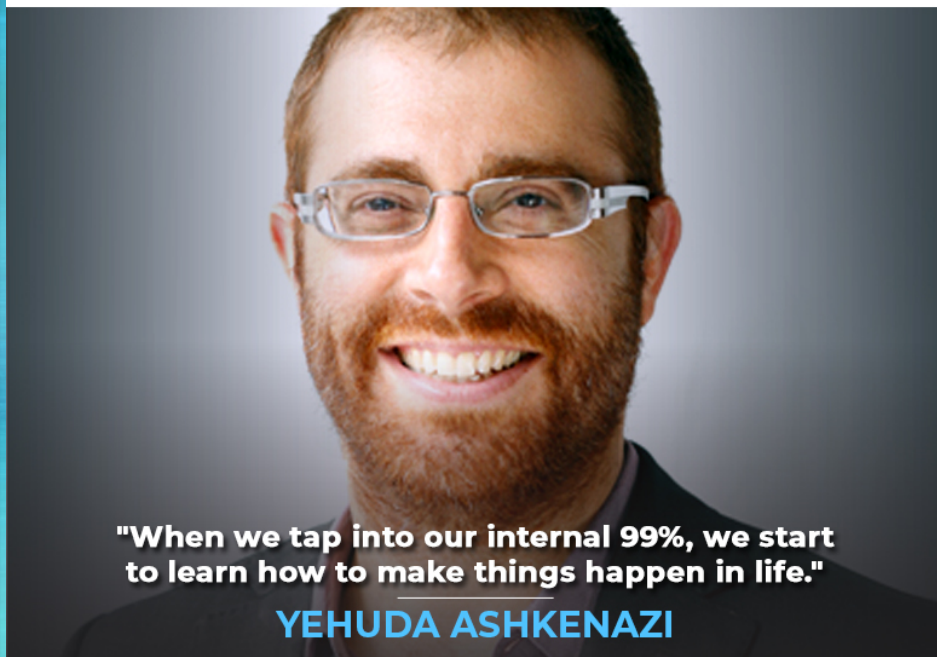
10 Point Checklist

Yehuda Ashkenazi

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**



"When we tap into our internal 99%, we start to learn how to make things happen in life."

YEHUDA ASHKENAZI

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.**

- Remember that the meaning of life in Kabbalah is achieving complete alignment with my purpose and the light of the creator.
- Discover the untapped energy and powers that exist within me to help me grow and transform the way I look at myself and others.
- Talk to a loved one and ask if there is one trait that I should change so that I can reflect on it and find ways to transform myself into a better person.
- Remember the step 1 of the “Proactive Formula”. Pause when I feel I am about to come from a reactive place. This is a good way for me to assess and shift my negative emotions..
- Step 2: raise awareness and consciousness to a spiritual place, so that I realize that my reaction is my enemy and not my adversary.
- Step 3: remember that challenges in life are placed in front of me as an opportunity to grow and improve. The opponent in the game of life is not external.
- Step 4: Ask for help to awaken a new perspective inside of me when confronted with a challenge instead of wishing for the challenge to go away.
- Be aware of opportunities to help and do good. These often arise when we least expect them so stay on the lookout for these opportunities.
- Allow my children to become the cause of their own fulfillment by not doing everything for them. This is the “bread of shame” concept where making things too easy for them doesn’t allow them to grow.
- Tithe and give 10% of my money to a charitable cause to respect the energy that flows through money.

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

<https://www.getyourselfoptimized.com/connecting-to-infinite-energy-yehuda-ashkenazi/>