

140: Reining in Your Reactivity with Kabbalah

10 Point Checklist

David Ghiyam

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 you pray, ask to have the strength within yourself."

DAVID GHIYAM

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.**

- Know the difference between the light of wisdom and the light of mercy. The light of wisdom represents my goal of fulfillment while the light of mercy encourages self-transformation.
- Avoid having selfish desires. Develop a giving nature where I value others' needs.
- Be patient. If I don't receive what I'm praying for yet, it means I am preparing for that blessing.
- Pray for the strength and wisdom to transform myself. Don't pray for material things that block the blessings in my life.
- Discover my weaknesses to have clarity and fix my problems.
- Look at the bigger picture when going through challenges. Accept that all things are temporary, even grief and trials.
- Understand that I must earn everything in my life. Whatever comes easy, goes easy.
- Internalize the saying "truth before mercy creates chaos." Without mercy, we fail to give ourselves and others the chance to change.
- Prepare to get what I give to the Universe. Why I am here and where I am is the result of what I give out to the world.
- Light up people's lives in the same way that I have been inspired and guided by others.

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

<https://www.getyourselfoptimized.com/reining-in-your-reactivity-with-kabbalah-david-ghiyam/>