# 149: Better Living through Energy

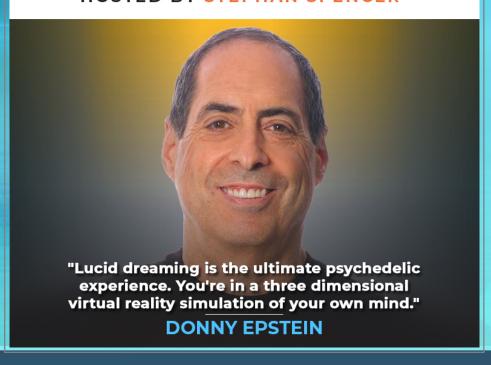
### 10 Point Checklist

# **Donny Epstein**

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



## 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.

|      | Exchange versions of myself with one that has more resources, enlightenment, and greater access to the universal intelligence.          |
|------|---|
|      | Develop a more profound understanding of humanity to help myself deal with struggles and challenges.                                    |
|      | Focus on my breathing and be conscious of the air that's coming in and out of the body to keep me in a more relaxed state.              |
|      | Find my higher purpose by going outside of my comfort zone and just saying "yes" to more of what life throws at me.                     |
|      | Don't force things into existence. Welcome life as it is and embrace change.  |
|      | Be aware of my energy levels I invest in myself, my relationships, and my work. Thi will help me connect better with myself and others. |
|      | Listen to my body and be more observant of its signals. Everything it does is important.  |
|      | Spread good vibrations and bring positive energy to the people around me. Find ways to lighten up their burdens no matter how small.    |
|      | Be more and give more by joining Donny Epstein's EpiExchange Experiences.   |
|      | Grab a copy of Donny Epstein's book, <u>The 12 Stages of Healing: A Network Approach to Wholeness</u> .                                 |
| То   | view the transcript, resource links and listen to the podcast, visit:   |
| http | os://www.getyourselfoptimized.com/better-living-through-energy-donny-epstein/   |