

124: Getting Clear About Your Calling


10 Point Checklist

Jeffrey Van Dyk

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**



"Your calling will ask you to become the fullest, most powerful, and most expanded version of yourself."

JEFFREY VAN DYK

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.**

- Don't expect to have immediate breakthroughs that completely change me. Breakthroughs are always a step by step process of learning through experience.
- Prioritize my health and well-being above all else. I cannot accomplish what I am meant to do if my body fails me.
- Find time to do things I love and become skilled at a hobby.
- Build my life from the inside out. If goodness fills within me, it's what I'll share and what I'll get back in return.
- Discover my true calling through training and preparation. A calling doesn't just come into my life. I have to earn it.
- Make a journal and write down my thoughts. Writing down my thoughts can be therapeutic and helpful in finding what's truly important.
- Address my fears and ask myself what I am afraid of instead of pushing aside and ignoring my fears.
- Don't be discouraged when pursuing my true calling. It will be difficult and I will experience a rough road but that is how I get to my destination.
- Create an open Word doc and start a dialogue between me and my loudest thoughts. This will help me clear the voices in my head.
- Be proactive rather than reactive about my emotions. This will help me be more connected to my consciousness.

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

<https://www.getyourselfoptimized.com/getting-clear-calling-jeffrey-van-dyk/>