

155: Shift Your Destiny

10 Point Checklist

Kute Blackson

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**



"If you're in a moment of challenge but you're living your purpose, trust that you're on the right path and keep moving through."

KUTE BLACKSON

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.**

- Be more aware of my thoughts. My thoughts, no matter how small, can affect my actions and my life.
- Don't dwellTake full responsibility for my life and realize that no one is out there to save me or shape my destiny except myself.
- Take the first step in the journey of transformation by being completely honest with myself. Stop lying to myself when I know deep down who I am and what I really want.
- Stop waiting, say yes, and use everything in my power to go after my calling. That is where my true purpose is found.
- Don't let finances be a hindrance. Educate myself through books that can help me become more skilled and marketable in my craft.
- Put my dreams in motion by setting realistic goals and making sure that I achieve them on a given timeline. Dreams only work when I do.
- Don't run away from my past pain, trauma, and struggles. Embrace them as gifts that have helped me become who I am today.
- Carefully think through my decisions knowing that my daily activities will affect my future.
- Be prepared for the challenges that come with my calling. Trust that I will overcome everything for the sake of my dream.
- Use my gift to help others. Everyone's true purpose in life is going on a journey of finding their purpose and helping other people find theirs along as well. Everyone's true purpose is to go on a journey of discovery and to help others find their calling.
- Grab a copy of Kute Blackson's book, [You Are The One](#).

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

<https://www.getyourselfoptimized.com/shift-your-destiny-with-kute-blackson/>