

160: Elevate Your Energy And Expand Your Consciousness

10 Point Checklist

Dr. John Amaral

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**



**"As we're evolving, we're growing and we're
experiencing more and more of the fabric
of what we're made of."**

DR. JOHN AMARAL

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 cognizant of what's happening around me and within me. Everything is energy and a pattern and nothing happens by accident
- Take notice of how my body reacts to stressful situations. The more aware I am of my patterns, the better I can handle or go through with them.
- Identify my stress factors. Aim to manage it by planning ahead but also realize that everything is not under my control.
- Utilize techniques that have proven ways to release the body from tension and tap into positive energy flows.
- Seek help from skilled professionals that can guide me getting into a coherent or flow state.
- Reach out to organizations like HeartMath that conducts studies on the heart-brain relationship and find out how it can benefit me.
- Let go of prejudice. How I perceive someone is usually a reflection of myself.
- Engage in events and retreats purposely held in places that promote healing and shift in positive energy.
- Research more about biofeedback devices such as [Oura ring](#) and [LumoLift](#).
- Check out John's [Body Centered Leadership](#) program that teaches people how to get in sync with their body and increase conscious awareness.

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

<https://www.getyourselfoptimized.com/elevate-your-energy-and-expand-your-consciousness-with-dr-john-amaral/>