

272: Find Your Peace and Purpose

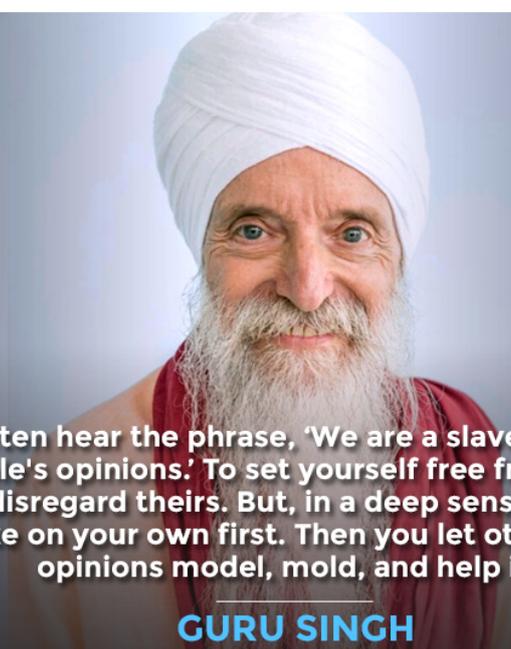
10 Point Checklist

Guru Singh

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**

A portrait of Guru Singh, an elderly man with a long white beard and a white turban, wearing a red shawl. He is looking directly at the camera with a slight smile.

"I often hear the phrase, 'We are a slave to other people's opinions.' To set yourself free from that is not to disregard theirs. But, in a deep sense of respect, you take on your own first. Then you let other people's opinions model, mold, and help it."

GURU SINGH

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.**

- Work towards creating and achieving balance in my life physically, mentally, emotionally, and spiritually. According to Guru Singh, the answers and information are already within us; we only have to focus on them.
- Don't be too consumed by thinking about what others think of me. Doing so stifles my growth and creativity. It's a hindrance to discovering who I really am.
- Learn to unlearn. Growing up, there will be beliefs and principles that no longer serve my purpose. Take time to let go of these thoughts to make room for mental and spiritual growth.
- Stay open. Be curious about diverse beliefs, and don't be too confined within four corners. There is so much knowledge and guidance the world has to offer.
- Lead a life of service. Be altruistic and charitable in my community. It is in giving that people find the purest joy.
- Only compete with the person I was yesterday. Life isn't a race or a timeline I need to strictly follow. Focus on improving myself every step of the way.
- Have sincere conversations with others. Ask them how they are, hear their stories, and empathize with them. This is an excellent opportunity to connect with people on a deeper level.
- Do some Yoga. Start at a beginner's level for at least a few minutes every day and work my way to becoming a Yogi.
- Find time within the day to meditate. Clear my thoughts to make way for profound answers. For peace of mind, chant affirmations without any interruptions.
- Nurture my relationships and make those bonds stronger. The best investment is always in the people that I hold close to my heart.
- Check out [Guru Singh's website](#) to learn more about expanding your awareness through Kundalini University.

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

<https://www.getyourselfoptimized.com/find-your-peace-and-purpose-with-guru-singh/>