

164: Rapid Transformational Therapy

10 Point Checklist

Marisa Peer

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**



**"You can't change what
you don't understand."**

MARISA PEER

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.**

- Research hypnotherapy and discover how I can better understand myself and change my behaviors.
- Challenge my limiting beliefs and pattern through hypnosis. Marisa says to ask my unconscious mind the role, function, and purpose of illness.
- Avoid negative self-talk. Take control of my thoughts and communicate positively with myself.
- Practice saying praises and positive traits about myself. Marisa says it has a better effect than hearing it from other people.
- Understand the power of words. If I believe in what I say about myself, everyone around me will believe it too.
- Train my mind to see the opportunities in every situation.
- Find out the source of my limiting beliefs, remove and replace it with empowering ones.
- Take action now. It is never too late to become the best version of myself.
- Seek help from an expert. Find a therapist trained in RTT by going to [RapidTransformationalTherapy.com](https://www.getyourselfoptimized.com/rapid-transformational-therapy-with-marisa-peer/). Marisa says you can choose between an online or a live training.
- Participate in Marisa's program called [I Am Enough](#) and learn how I can transform my thought process and take control of my life again.

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

<https://www.getyourselfoptimized.com/rapid-transformational-therapy-with-marisa-peer/>