

# 278: Get Answers to Life's Most Pressing Questions


## 10 Point Checklist

### Anne Marie Pizarro

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**



**“Akasha is essentially a field of energy that surrounds every living being. It’s like this fabric that creates and connects all forms of life on this plane, as well as other planes.”**

**ANNE MARIE PIZARRO**

# 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.**

- Ask deep and meaningful questions. Being curious and finding answers about life's questions can make us more aware and think more clearly.
- Clear the space not just in my home but in my mind as well. Cluttered thoughts can block me from my highest intentions. Make tidying up a constant practice.
- Feel more. Overthink less. Treat every situation as a learning experience and let the gathered information help me grow spiritually.
- Pay more attention to messages the universe is sending me. Sometimes distractions can hinder me from being more open to the calling of my higher power.
- Be more open and accepting of what life has to offer. Everything happens for a reason; even the bad things that occur have a purpose.
- Learn how to focus. Accessing my Akashic Records takes a lot of concentration and practice. Focusing on one aspect at a time can help me gain more clarity and understanding.
- Don't resist my calling. Pursuing my purpose on this earth is the most fulfilling action I can do. Sometimes things don't go according to plan, but my higher power will always prevail at the end of the day.
- Promote love and connection. Be more compassionate even with those who don't understand my beliefs. Instead of bashing the stuff I don't support, promote what I like and strongly believe in.
- Keep sharing the light. Continue spreading kindness and helping those in need.
- Visit the [Body Energy Connection](https://www.getyourselfoptimized.com)'s website to learn more about gaining clarity and insight about your life through the Akashic Records.

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

<https://www.getyourselfoptimized.com/get-answers-to-lifes-most-pressing-questions-with-anne-marie-pizarro/>