

278: Get Answers to Life's Most Pressing Questions

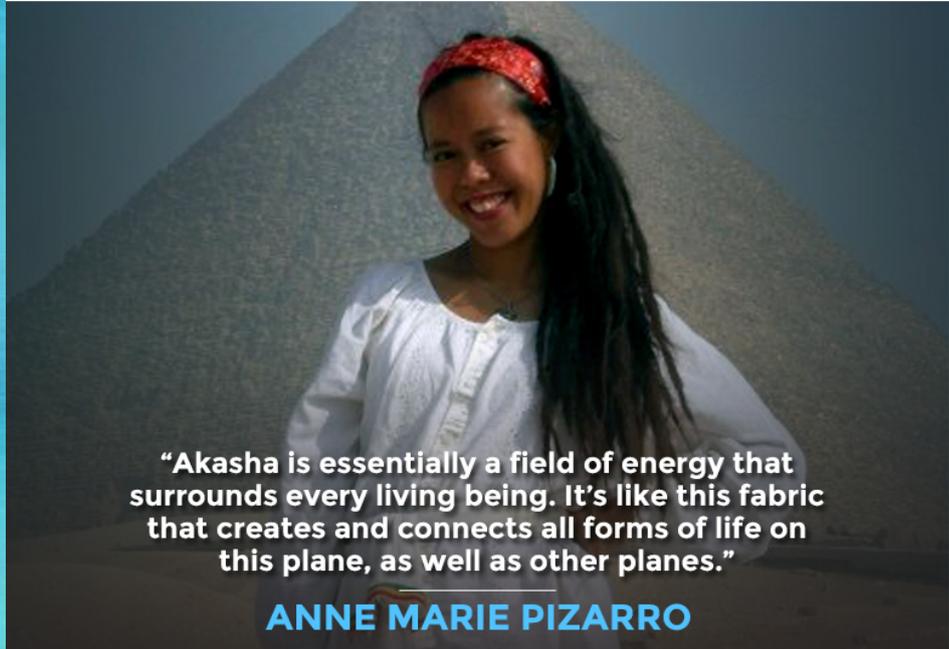
10 Point Checklist

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/get-answers-to-lifes-most-pressing-questions-with-anne-marie-pizarro/)'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/>