

277: Conversing with Angels


10 Point Checklist

Sheila Gillette and THEO

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 Sheila Gillette, a woman with short, styled white hair, smiling warmly. She is wearing a dark teal top and a necklace. The background is a soft, out-of-focus indoor setting.

"It doesn't matter what country we live in, what language we speak, or what color our skin is, all human and animal souls have equal opportunities. For every action we commit, there is a similar reaction in this lifetime or another."

SHEILA GILLETTE

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.**

- Find a sense of purpose and belonging through spiritual enlightenment. Look deeper within myself to discover the higher power that gives me strength.
- Be open to the mysteries of the unexplainable things in life. Even the beginning of the universe or how consciousness came into being still have no definitive answer. There's so much in the world that's unknown.
- Seek clarity to my most profound questions. Cultivate a curious mindset and keep satisfying that hunger by continually learning and searching for enlightenment through mentors, books, and experts.
- Accept that change is inevitable and nothing is permanent in this world. Humans don't have full control over what is written in their destiny. They only have complete control over their present decisions.
- Respect everything and everyone around me. Every molecule and particle is connected in this big, vast world. What happens in one particular sector of my life may affect the others one way or another.
- Develop and strengthen my intuition so I remain guided and impeccably attuned to my true path.
- Get clear on what I want, to manifest the life I truly enjoy. Resist negative inner dialogue and continue working towards my goals.
- Be more receptive to guidance. Some guides and angels watch over me and send me signs during the most crucial times in my life.
- Live solely for the purpose of being alive. Be in love with life. Appreciate the small things and stay in tune with the divine connection, so I become more aware of the universe inside and outside of me.
- Check out [Sheila and THEO's website](#) to learn more about their offered programs and upcoming events.

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

<https://www.getyourselfoptimized.com/conversing-with-angels-with-sheila-gillette-and-theo/>