

# 281: From Fear to Faith

## 10 Point Checklist

### Dr. Toni Galardi

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**



**“When we pay more attention to what keeps our energy up, what fascinates us, and what motivates us to wake up every day, we begin to connect the dots.”**

**DR. TONI GALARDI**

# 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.**

- Pay attention to what brings up my energy. Focus on the positive and gradually let go of the things that don't spark joy into my life. This makes room for happier memories.
- Keep a journal and write down my thoughts, wishes, goals, and dreams. Recording my day to day feelings can help me discern the patterns I need to change.
- Take some time to meditate. Enjoy the stillness for at least a few minutes each day to become more in tune with myself.
- Be courageous enough to listen to what I'm being called to do in life. Sometimes a calling presents itself most unexpectedly. Whenever the time comes, I must be brave enough to pursue my mission.
- Find ways to heal addictive and unhealthy coping mechanisms. Observe my negative patterns and work on creating boundaries that may help me improve how I deal with specific triggers.
- Aim to be resilient to sudden change. No one knows what the future holds. The best thing I can do is assure myself that all is well no matter what happens.
- Be more intuitive of my thoughts and feelings. Whenever something doesn't sit right with me, I must deal with negativity with grace to achieve balance.
- Believe in the power of manifestation. Express all my desires to the universe and believe in the power of my thoughts. Everything I set my mind to will become my reality.
- Nourish my mind and body by consuming only what's right for me, whether it's food, thoughts, information, or the people I associate with.
- Visit Dr. Toni Galardi's [website](#) and grab a copy of her book, [The LifeQuake Miracle: Awakening to Your True Purpose in Times of Personal and Global Upheaval](#).

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

<https://www.getyourselfoptimized.com/from-fear-to-faith-with-dr-toni-galardi/>