

285: How to Manifest Anything You Want

10 Point Checklist

Yuval Abramovitz

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**



"If you shout out your dreams and do not keep them a secret, they will definitely happen."

YUVAL ABRAMOVITZ

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.**

- Be vocal about my dreams and aspirations. Wishes come true when they're shared with others. The people I surround myself with are the ones who can help me achieve my goals.
- List my dreams no matter how crazy they seem. Believe that nothing is impossible as long as I set my mind to it.
- Manifest my dreams. Claim them even before they're a reality. Just thinking about them brings me halfway to my destination.
- Use the power of social media. Millions of people worldwide are using social media not just to connect with friends and family but with potential new business partners, colleagues, and opportunities.
- Find my tribe. Having ten people who I consider part of my tribe is way better than having thousands of followers. A tribe is composed of people who believe in what I do and support me in following my dreams.
- Share my light and wisdom with the world. Don't be the best-kept secret, especially when I have something that can positively impact others.
- Engage with people. Frequently communicate and connect with my tribe to keep the momentum going.
- Believe that I can do more if I want more. I can grow a business, take care of my family, or pursue a hobby as long as I am willing and able.
- Be patient with myself. Don't expect to accomplish my list of dreams instantly. Never limit myself from aspiring for the best things in life. However, be realistic about the timeline and resources as well.
- Grab a copy of Yuval's book, [*The List: Shout Your Dreams Out Loud to Make Them Come True*](#).

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

<https://www.getyourselfoptimized.com/how-to-manifest-anything-you-want-with-yuval-abramovitz/>