

290: The Keys to Spiritual Growth

10 Point Checklist

Yeliz Ruzgar

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 one is using spirituality to detach from reality, it can become a problem. One must use it to draw even more energy, a higher consciousness, and light to this world."

YELIZ RUZGAR

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.**

- Maintain the progress of my personal development. I am constantly growing and learning on my journey. Updating old beliefs and principles that don't serve me or society is a means of evolution.
- Aim to remain more mindful even in the busy, modern world. Distractions come so easily, so it's best to stay centered. Keep my foundation strong and always remember what's most important.
- Learn more about chakras and auras. Every living thing has energy. We are all connected one way or another. We all must learn to coexist in harmony.
- Find activities that help me become more in tune with my intuition. Meditation, prayer, or spending time alone in silence are excellent ways to reflect on my life.
- Create more space for peace in my life. Let go of grudges and ego and just let it be. Don't sweat the small stuff and only focus on things I can control.
- Aim to be a light. Guide others who are lost and offer a helping hand whenever possible.
- Be mindful of my thoughts; they become words. Then words become actions, and actions become a habit.
- Understand that there's no such thing as uncertainty in this realm I'm in. When I seek certainty, ask my higher power to grant me peace of mind and security.
- Believe that nothing is a coincidence. Everything happens for a reason. No matter how small a situation may be, every second counts in this lifetime, and every decision I make leads me closer to my destiny.
- Join Yeliz Ruzgar's community by getting in touch with her through the [ManaLand](#) Facebook Group.

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

<https://www.getyourselfoptimized.com/the-keys-to-spiritual-growth-with-yeliz-ruzgar/>