

# 295: Following the Intuitive Breadcrumbs

## 10 Point Checklist

### Anthony Capobianco

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 things feel uncertain, instead of seeking answers, start asking the right questions."

**ANTHONY CAPOBIANCO**

# 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.**

- Make time to slow down to 'stop and smell the roses.' Living in a fast-paced, highly connected, and information-packed world requires regular breaks, too.
- Live a less materialistic lifestyle. Only consume what I need and determine what is enough for me.
- Instead of constantly seeking answers, start asking the right questions. Being more inquisitive will lead me down the right path.
- Sit still in silence more often. Find ways to quiet my mind and really spend time looking within. Life's most important messages can only be heard when I eliminate all distractions and fully listen.
- Be in a state of constant spiritual, emotional, and mental growth. People need to change, and that's okay as long as it's for the better.
- Hang out with people who bring out the best in me. Understand that losing friends or loved ones along my journey is part of the process. What works will stay, and what doesn't will go away.
- Raise my vibrations enough to get to that space I long for. Always aim to become the best version of myself. Think highly of my capabilities and let constant practice and learning boost my self-esteem.
- Visualize and manifest all the things that I long for. Half of the journey lies in the thinking.
- Be grateful at all times, even for the simple things. Sometimes it's the little things that leave the greatest impact on one's life.
- Sit back, relax and enjoy a good cup of tea. Check out Zen Tea Traders' fine artisan teas via their [website](#) and [Instagram](#), or connect with Anthony at [anthony@zenteatrad.com](mailto:anthony@zenteatrad.com).

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

<https://www.getyourselfoptimized.com/following-the-intuitive-breadcrumbs-with-anthony-capobianco/>