

297: Harness the Heart Brain Connection

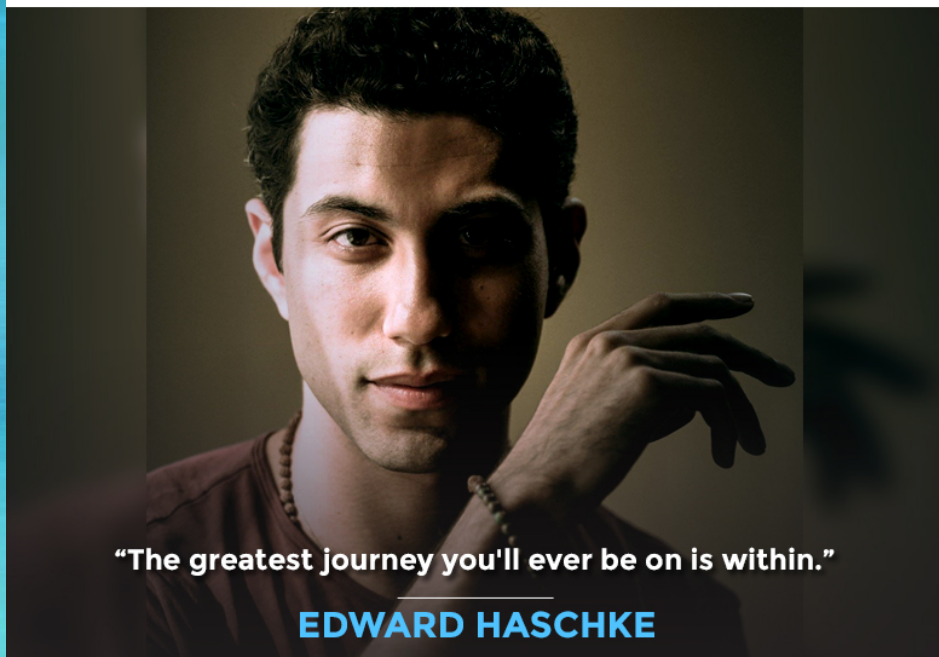
10 Point Checklist

Edward Haschke

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**



"The greatest journey you'll ever be on is within."

EDWARD HASCHKE

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.**

- Constantly work on raising my awareness and vibration. Life is a never-ending journey of discoveries and new things to learn.
- Become more conscious of my thoughts. Acknowledge what they are, internalize, and if they don't serve me, let them go.
- Appreciate the beauty that is around me. Always focus on the positive and keep promoting what's good.
- Reprogram beliefs that no longer serve me. Humans are ever-evolving beings. I am a constant work in progress- what works for me today might not be the case tomorrow, and that is okay.
- Visualize my dreams until they become a reality. Manifesting my dreams attracts everything that is for me. Believe that I am meant for the things I desire, and truly I deserve them.
- Live with intent, focus, and purpose. Learn to avoid life's distractions to truly appreciate its beauty.
- Set some boundaries. Saying no is also an act of self-love.
- Breathe deeply and slowly. Practice some breathing techniques that can help clear my thoughts.
- Nurture my relationships. Having a sense of belonging brings out the best in me.
- Check out Edward Haschke's [website](#) to connect with him and his art.

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

<https://www.getyourselfoptimized.com/harness-the-heart-brain-connection-with-edward-haschke/>