

301: Essential Steps to Awakening

10 Point Checklist

Divya Darling

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 tone of voice is evident and distinct when it's guidance speaking. It's like a matriarch that's gentle yet firm.”

DIVYA DARLING

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.**

- Understand that we have more than one brain in our body. Aside from the head, there is the heart and the gut, and each represents its own unique function on how we act as a whole.
- Perceive the voice of my ego as a gift and not my enemy. We are all born with egos, and as we grow older, it is up to us to feed them.
- Trust the process of my transformation. It will never be a one-and-done thing. Accept that this is the start of a never-ending journey. I will always have room for growth and expansion.
- Spend time to clear things up. Physical clutter isn't the only thing that needs to be tidied up. My mind and spirit need some decluttering once in a while as well.
- Identify and list out what triggers me or situations where I feel constrained or uncomfortable. I can solve challenges better when I know the source.
- Practice a mindfulness routine with intention and attention to achieve the best outcome in clearing my thoughts. It doesn't matter what modality it is as long as it helps me find peace and clarity.
- Be more sensitive and in tune with my inner self. Become aware that spirit guides are trying to communicate with me by giving out signals and messages.
- Demonstrate kindness and compassion in everything I do. We are all connected. Race, color, and culture may be different, but our hearts are one- the same pains and sorrows, the same joys.
- Forgive and love myself unconditionally. One must accept and forgive their imperfections for achieving that deep understanding that they can do the same for others.
- Visit Divya Darling's [website](https://www.getyourselfoptimized.com) to learn more about how you can start your journey of enlightenment and transformation.

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

<https://www.getyourselfoptimized.com/essential-steps-to-awakening-with-divya-darling/>