

300: A Glimpse of The Matrix

10 Point Checklist

Stephan Spencer and Orion Talmay

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 you treat each day as a gift, you develop a new set of eyes that look at the universe differently. You become more grateful and insightful.”

STEPHAN SPENCER & ORION TALMAY

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.**

- Treat every day like a gift. When I view every waking moment of my life as a blessing, I become more content and grateful about everything.
- Focus on the bigger picture. It's so easy to get side-tracked with life's little nuances. Never lose focus on the ultimate goal, and remember Stephen Covey's 90/10 principle: ten percent of life is made up of what happens to you. Ninety percent of life is decided by how you react.
- If I ever feel lost in life, know that it's possible to ask God for a mission. I was placed in this world with a purpose, and that is to find what my gift is so I can share it with others.
- Find a partner who loves me unconditionally but also keeps me in check. It's important to build and nurture a relationship with someone who understands me to my core and supports my goals.
- Be in tune and pay more attention to the message the guides are sending me. These messages often come in symbols and metaphors.
- Pay attention to angel numbers. Sometimes we see repetitive numbers such as 11:11, 555, etc. These numbers have meanings and are often meant to send a message from our angels.
- Include saying a prayer in my daily rituals. Stephan recites the Ana Bekoach prayer every day. It doesn't matter what type of prayer it is as long as it brings peace to my heart and it creates a connection with my spirit.
- Gain the awareness in deciphering what is best for my spirit. This world is surrounded by sin. Make it my duty to live righteously and continue to raise my vibrations, learning as I go.
- Remain pure in all my actions and intentions. Always look out for everyone's best interest. In whatever I do, make sure every effort comes from the heart.
- Keep myself in check. Accept that I am not perfect and I will be making mistakes, for I am human. However, let this awakening be a journey of continuously improving myself.

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

<https://www.getyourselfoptimized.com/a-glimpse-of-the-matrix-with-stephan-spencer-and-orion-talmay/>