

# 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, and if they don't serve me, let them go.
- Appreciate the beauty 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 reality. Manifesting my dreams attracts everything that is for me. Believe that I am meant for the things I desire, and truly 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 mind.
- 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/>