

# 305: Connecting to Angels

## 10 Point Checklist

### Corin Grillo

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**



**“Spirit has always shown me that there are people who need your work, you have to reach your hand out because they already have their hand reached out.”**

**CORIN GRILLO**

# 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.**

- Communicate with my angels. I have a lot of them on my side and they will help change how I view everything.
- Have the courage to put myself out there and be visible. I should not be afraid of sending signals so people can find me and I can help them.
- Share my blessings to empower others. I can help people and I should not hold back, even when I think I'm not being humble.
- Embrace the gift that was given and trust the process. I might find myself out of my comfort zone but I should not waver. This is how I can grow and gain faith from a deeper place.
- Be more present and loving. Sometimes, being a better version of myself only means that I am more available and more grounded for others.
- Have a healthy diet and take care of my body. I keep in mind why exercise is important and take care of my living body because it's my temple for this lifetime.
- Call and ask my angels to work miracles with me. The more I operate with my angels, the more I open myself up to support and signs.
- Practice unconditional love and avoid judging others. It's also good for me to pray for people instead. There are already too many hurt souls out there.
- Keep away from trolls and people who say bad things about me. Instead, I should spend more time building resilience and making meaning out of life.
- Visit Corin's [website](#) and join Corin in The 7-day Miracle Challenge. Practice opening up my life and healing daily so that I can come closer in contact with angels and have a fuller experience.

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

<https://www.getyourselfoptimized.com/connecting-to-angels-with-corin-grillo/>