

304: Synchronize to Synchronicity

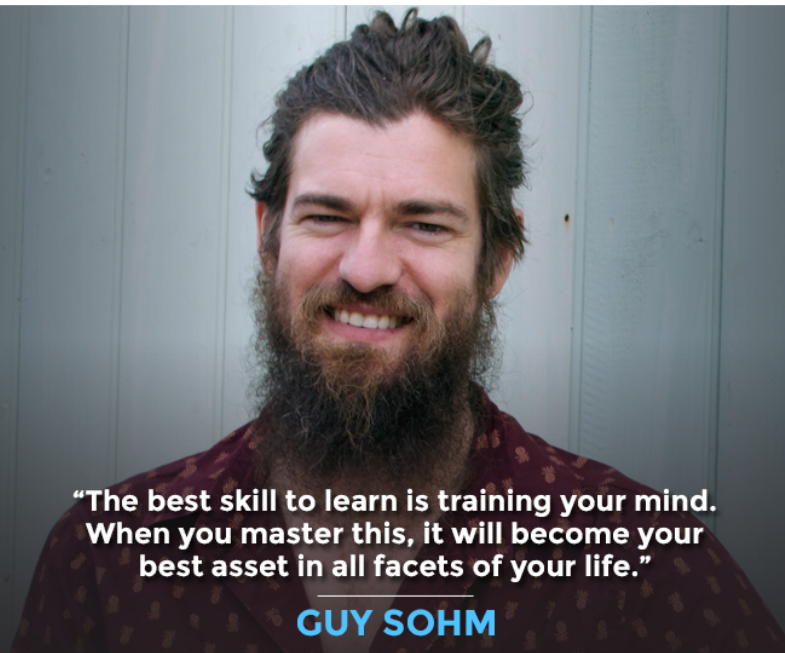
10 Point Checklist

Guy Sohm

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 best skill to learn is training your mind.
When you master this, it will become your
best asset in all facets of your life."**

GUY SOHM

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.**

- Pray for guidance and enlightenment from a higher power. There is power in prayer. It can influence my state of mind, which influences the state of my body. This way, I become more in tune with myself.
- Constantly train my mind to become more awakened. The brain is like a muscle. It has the capability of expanding with ample training.
- Find time to quiet my mind. It's only in silence that I can begin to hear what my guides are telling me.
- Practice gratitude in my daily life. Wake up every morning with a thankful heart. There is so much to be thankful for. Most of the time, it's the little things that are the most important.
- Go outside as often as I can. I will feel more refreshed and energized when I breathe fresh air and connect with the Earth.
- Watch and experience the sunrise more often. It is a great way to start the day with prayer and clear intentions.
- Pay attention to my thoughts. If I am ever caught up in negative emotions, do my best to neutralize them. Negativity should never take up too much space in my mind. At the same time, it should be acknowledged, not ignored, when it does.
- Be mindful of where and how I spend my time and energy. Time is our most valuable resource. So make sure to always acknowledge situations that promote my love and peace.
- Set a meditation routine I can do daily. Start with small increments and commit to more over time. Meditation does wonders for the mind and soul.
- Visit Guy Sohm's [website](#) to learn more about heart chakra meditations and to start my journey towards awakening.

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

<https://www.getyourselfoptimized.com/synchronize-to-synchronicity-with-guy-sohm/>