

# 302: Expand Your Consciousness

## 10 Point Checklist

### Monica Berg

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**



**"If you live a fear-based life, you don't fully love yourself. Because to live a life that is fear-averse is joy-averse."**

**MONICA BERG**

# 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.**

- Hold an innate understanding that the only constant thing in life is change, which is perfectly okay. As humans, we evolve, and it's part of the journey to lose and gain people and things along the way.
- Remain as present as I can be in life. Don't worry too much about the future that I forget to seize the moment and cherish what I have now.
- Ask specific questions when talking or praying to a higher power. If I am seeking guidance, the best way to get answers is to ask the right questions.
- Seek activities that expand my consciousness and help me find my purpose. There is a diverse resource of books, workshops, mentors, and events to help me achieve this goal.
- Pay close attention to my gut feeling. According to Monica Berg, the gut is really our first brain. Whatever we sense down there becomes our initial thoughts.
- Refrain from judging others. Doing so can block my spiritual growth. Instead, always look out for the good in others and have hope for humanity.
- Build a strong network of like-minded people. It's vital to have a support system that is present in pivotal moments of my life.
- Don't hesitate to ask for guidance from the Divine. The higher power is always there for me, no matter how many times I ask.
- Break the habit of gossiping. It does not do well for my mindset or spirit. There are plenty of other wonderful topics to talk about. If I catch myself talking about others, make sure it comes from the goodness of my conscience.
- Visit Monica Berg's website to learn more about her books, [Fear Is Not an Option](#) and [Rethink Love](#), and discover more about her podcast, [Spiritually Hungry](#).

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

<https://www.getyourselfoptimized.com/expand-your-consciousness-with-monica-berg>