

# 309: Modern Medicine Meets the Sacred

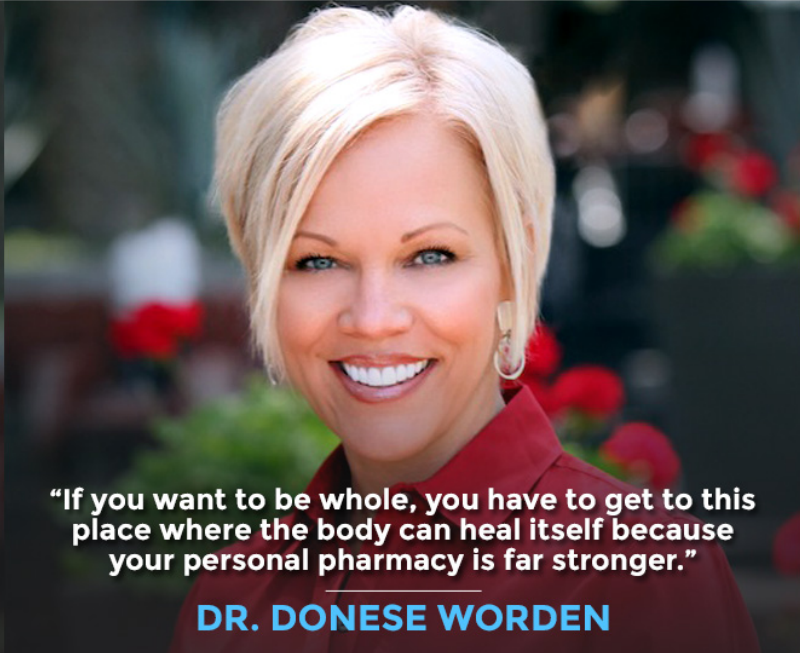
## 10 Point Checklist

### Dr. Donese Worden

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**

A portrait of Dr. Donese Worden, a woman with short blonde hair, smiling. She is wearing a red top. The background is blurred with red flowers.

**"If you want to be whole, you have to get to this place where the body can heal itself because your personal pharmacy is far stronger."**

**DR. DONESE WORDEN**

# 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.**

- Connect with my spirituality. My mental and physical health is affected by how at peace I am with my beliefs. Being whole helps in my healing.
- Fix the root causes of problems. The only way to overcome complications is to find the main issue. Addressing this will prevent recurrences and stop unhealthy cycles.
- Practice breathing exercises. Being mindful and focusing on my breathing calms me down and allows me to ease my anxiety. Find time to do it every day.
- Listen to relaxing music. I can easily change my mood by listening to calming music. Look for sounds with 60 beats per minute to help slow down my heartbeat.
- Be empathetic. People will easily trust me if I master how to build a rapport with them and listen to their stories. I create stronger bonds when I'm sensitive to other people's needs.
- Detach from toxicity. Avoid unhealthy diets, environments, and relationships. I improve the quality of my life when I learn how to prioritize things that only bring positivity.
- Find quiet time to receive messages. Noise from my environment hinders my communication with God. Being still and silent will help me understand what I'm being tasked to do.
- Specify my wishes. The more precise the desires, the more chances I have of receiving them. Write a specific list of what I want to manifest into existence.
- Be willing to deliver miracles. I am merely a vessel of messages to other people and should be open to doing things out of the ordinary.
- Visit Dr. Donese Worden's [website](#) or call her office at 480-588-2233 to get myself checked out. Follow her on [Instagram](#) and [Twitter](#) to learn more about how I can heal myself by connecting with my spirituality.

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

<https://www.getyourselfoptimized.com/modern-medicine-meets-the-sacred-with-dr-donese-warden/>