

307: Make "Someday" Happen Today

10 Point Checklist

Kristin Swanson

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**



"Things are going to start coming to you once you begin to speak them into existence."

KRISTIN SWANSON

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.**

- Acknowledge my fears. The first step to making Someday When Projects happen is recognizing what hinders me from taking action and learning how to overcome these causes.
- Visualize how I achieve my dreams. Thinking about how I can get through challenging situations empowers me to take the first step and let go of what's holding me back.
- Take time to be quiet. Simply breathing and getting in touch with nature can help me listen to the whispers that tell me my goals.
- Speak about my goals. I deserve to achieve my dreams and make them happen. Voicing my plans is the first step in manifesting them.
- Write down my plans. Reaching my goals becomes more manageable if I know what steps are needed to achieve them.
- Focus on my supporters. Instead of paying attention to naysayers, I should share my goals with the people who believe in me and help me during my journey.
- Establish a network with like-minded people. Achieving my dreams becomes possible when I surround myself with people who have the same mindset. They will know the right words to say and the right people who can help.
- Gratitude goes a long way. Celebrate small wins as these build momentum and are signs that I'm manifesting my dreams into a reality.
- Pay attention to my thoughts. I have the power of co-creation and having pure thoughts, deeds, and words are essential in creating powerful connections with angels.
- Visit Kristin's [website](#), follow her on [Instagram](#), and download the free Make It Happen planner to know more about how you can start taking action towards your soul-led projects.

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

<https://www.getyourselfoptimized.com/make-someday-happen-today-with-kristin-swanson/>