

313: The Power to Read Minds

10 Point Checklist

Peter Antoniou

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**



“Failure is just a learning point. Rather than it being evidence of why you should stop, it’s evidence of why you should keep going.”

PETER ANTONIOU

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.**

- Trust my intuition. Listen to gut feelings but also allow room for mistakes. Over the years, I can fully master this skill.
- Learn tarot reading. The plethora of information can get overwhelming, but following an intuitive approach allows an easier understanding of what divination is.
- Build confidence. Trusting my intuition requires having faith in myself. The more I have self-conviction, the better I become at what I do.
- Don't dwell on negativity. Focus on how I can move forward. By concentrating on progress instead of pain and failure, I can easily find the silver lining.
- Learn from failures. I won't always get it right, but I can gain something valuable from my mistakes.
- Practice self-awareness. Being conscious of my feelings allows me to distinguish intuition. I can also avoid overthinking and bad behaviors more effectively.
- Explore my intuition. It will be different for everybody and it will be a learning experience. By exploring how it feels, I am able to receive clearer signals.
- Find ways to meditate. There are a variety of mindfulness practices. I can find what works best for me and practice it every day.
- Learn from psychic classes. To learn faster, I should sign up for classes with experts. Understand how they do it and find my own personal method.
- Head on to Peter's [website](#) to learn more about his services. Then, follow him on [Twitter](#), [TikTok](#), and [Instagram](#) to constantly get updated on what he's up to.

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