313: The Power to Read Minds

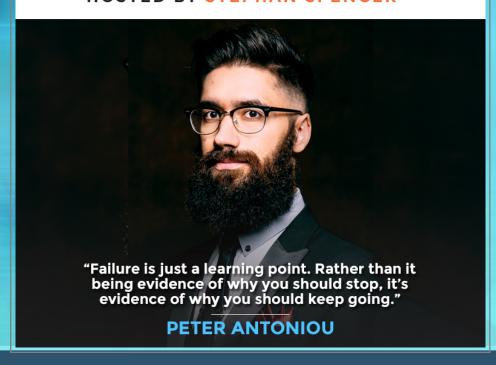
10 Point Checklist

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



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 <u>website</u> to learn more about his services. Then, follow him on <u>Twitter</u> , <u>TikTok</u> , and <u>Instagram</u> to constantly get updated on what he's up to.
To view the transcript resource links and listen to the podcast visit:	

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