

# 316: An Introduction to Medical Intuition

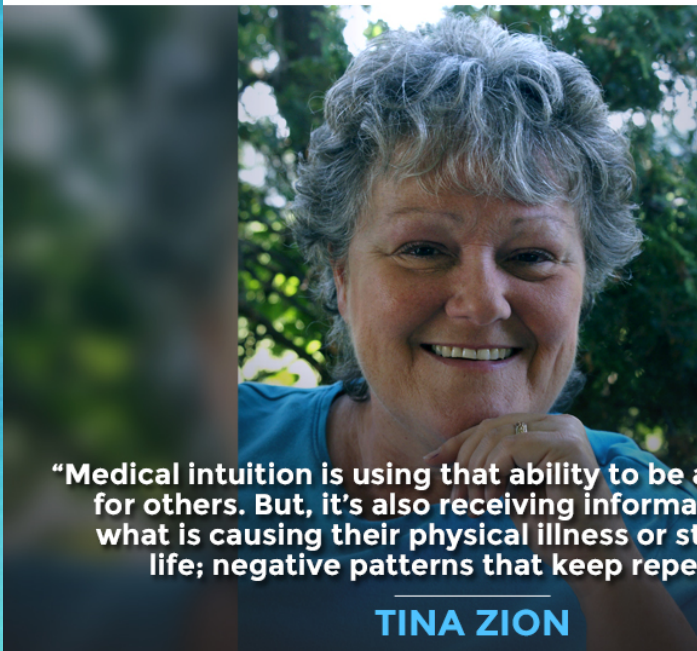
## 10 Point Checklist

**Tina Zion**

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**



**“Medical intuition is using that ability to be a practitioner for others. But, it’s also receiving information about what is causing their physical illness or struggles in life; negative patterns that keep repeating.”**

**TINA ZION**

# 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.**

- Don't abuse my gift. The power I have should only be used for good. Learn to control it and avoid thinking negative thoughts about others.
- Keep learning. Lessons and concepts can carry into my next lives. So, I should learn as much as I can for this lifetime and the next.
- Listen to my intuition. Don't brush off intuitive hits when I get them. No matter how random, always act according to what my gut tells me.
- Reach out. When I think of someone, I shouldn't be afraid to connect with them and ask how they're doing.
- Ask questions to the Creator. Be sincere and intentional with my inquiries. I will get an answer even before I finish my sentence.
- Be open to answers. My questions may be answered in unique ways. Be prepared to receive responses from anywhere.
- Be proud of my psychic abilities. I shouldn't be afraid of my capability to help other people. Instead, I should share it with others whenever I can.
- Don't give my energy away. When helping others, channel the power of the divine. Reserve my energy for myself. I should avoid getting burned out when working with other people.
- Be grateful. My angels and guides have done a lot for me. To repay them, I should look back and be thankful for the moments when they've helped me.
- Visit Tina Zion's [website](#) to learn more about her services. Then, check the schedule of her workshops on the website. Read her books and watch out for her next release on October 1.

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

<https://www.getyourselfoptimized.com/an-introduction-to-medical-intuition-with-tina-zion/>