

325: The Ultimate Health Reset

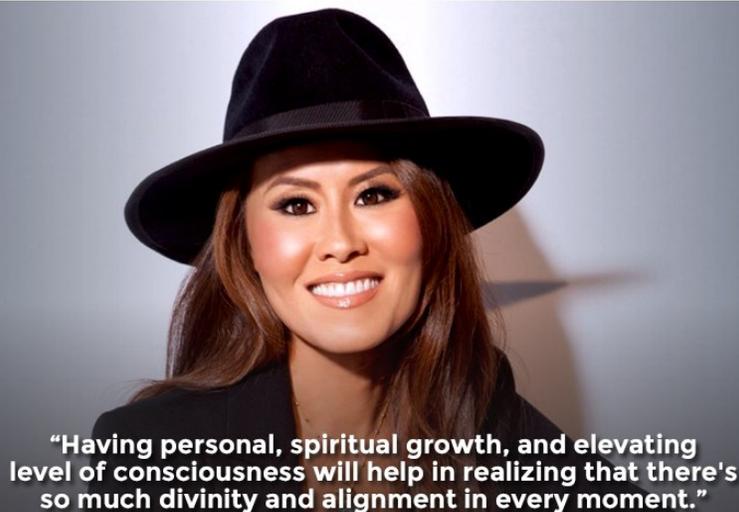
10 Point Checklist

Serena Poon

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**



“Having personal, spiritual growth, and elevating level of consciousness will help in realizing that there's so much divinity and alignment in every moment.”

SERENA POON

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.**

- Every single moment is divine. Look back and reflect that everything is in perfect alignment for me to be here today.
- See the miracles and see how it's all by design to attract grace, knowledge, and understand the purpose behind any challenges.
- Even in minor instances, notice and acknowledge the shifting moments which can level me up to a higher state of consciousness.
- Create a connection and feel the level of gratitude for something, take it, and repurpose that energy.
- Research about the benefits of Culinary Alchemy to understand how foods can be used as medicine and understand the different ways your food can affect you.
- Shift my mindset so I am capable of leveling up and optimizing my physical and energetic body.
- Give my body some time to catch up and integrate with the energy, guides, or information provided by the Universe.
- Honor my body, appreciate health and remind myself to give my body that grace.
- Be open to trying meditation. Start with Transcendental Meditation.
- Visit Serena's [website](#) to get more recipes, products, courses, and more wonderful wisdom that can uplevel health and well-being.

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

<https://www.getyourselfoptimized.com/the-ultimate-health-reset-with-serena-poon/>