## 330: Tuning Your Chakras

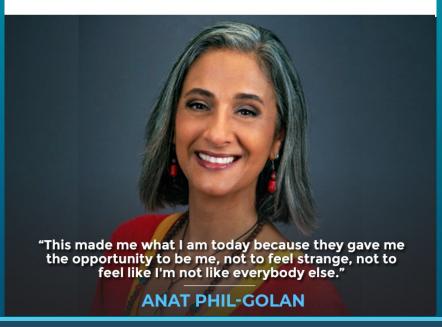
## 10 Point Checklist

## **Anat Phil-Golan**

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.

Don't compare myself to others. I am a beautiful person with unique abilities that the world needs.
Explore life. Exploration leads to more knowledge and understanding myself and the world.
Align my chakras. Go to a professional, maybe once a month or once every six months, to get my chakras cleansed, balanced, and realigned.
Try using essential oils. Essential oils have a wide range of medicinal and therapeutic properties. For example, a scent can bring back something from my past or give back my faith and energy.
Have a willing suspension of disbelief. I need to open my heart and believe that I can get everything I want.
Don't rush. It doesn't matter how, where, and when; just believe that I will get to my destiny.
Don't hold back the tears. Crying is one of the best things that can happen to me as a human being. Tears are my body's way of protecting, soothing, and healing.
Be thankful for everything. There are things that I don't want, but they happened for my soul's highest good.
Live with compassion. Just open my heart and give to people. When I smile at the world, the world will smile back.
Learn from other people. Temporary people teach permanent lessons.
Visit Ani-La Anat Phil-Golan's <u>website</u> to know more about her and work with her.

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

https://www.getyourselfoptimized.com/tuning-your-chakras-with-anat-phil-golan/