

342: Empower Thyself

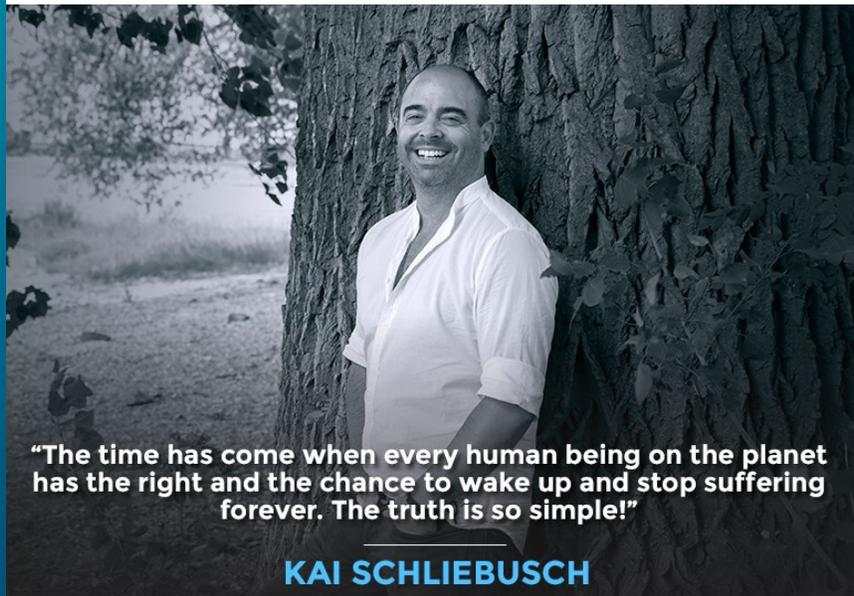
10 Point Checklist

Kai Schliebusch

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**



"The time has come when every human being on the planet has the right and the chance to wake up and stop suffering forever. The truth is so simple!"

KAI SCHLIEBUSCH

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.**

- My true Self is complete, and nothing is missing. Therefore, I don't have to find or look for my true Self somewhere else.
- I am a pure being. I'm not my name. I'm not my stars. I'm not my birthday. I'm not my story, especially the story I have created myself, identified with the ego.
- Stop blaming and start taking responsibility. Blaming is avoidance. The more I play the blame game, the more I lose. Instead, be responsible for my own actions.
- Always question negative thoughts. Negative thoughts will take low blows at my confidence and point out what I think I lack. Instead of entertaining them, substitute them with questions that will boost my confidence and give me clarity.
- Live in the present moment. Don't worry about what happened in the past, and don't fear what will happen in the future.
- Be open to new ideas and perspectives. Keeping an open mind can help me grow as a person.
- Embrace every challenge as a gift. Facing challenges and navigating one's way through them builds resilience capacity. Knowing that one can overcome obstacles, learn from struggles and benefit from mistakes lays a solid foundation for success later in life.
- Focus on solutions, not problems. This will give me back control over my life and resolve my troubles.
- Always be grateful. Gratitude will help me feel more positive emotions, relish good experiences, improve my health, deal with adversity, and build strong relationships.
- Visit Kai Schliebusch's [website](#) or connect with him on [Twitter](#) and [Instagram](#) to learn more from him. Also, watch his Livestream, Empower Yourself, on [Youtube](#) every Wednesdays at 7:00 PM CET.

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

<https://www.getyourselfoptimized.com/empower-thyself-with-kai-schliebusch/>