

345: Supercharge Your Consciousness

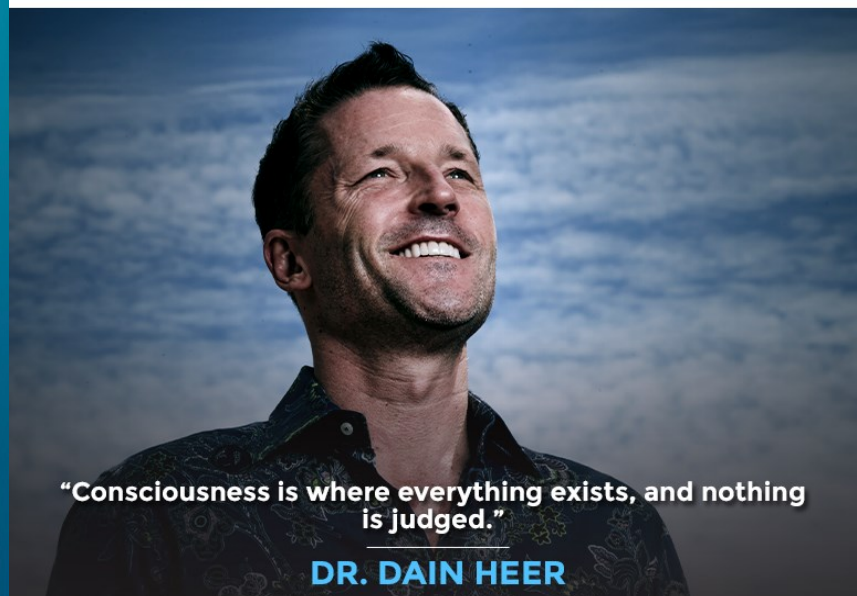
10 Point Checklist

Dr. Dain Heer

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.**

- Be a seeker and student of life. Attend workshops and read books that can make my life better.
- Achieve a state of my being where everything that occurs has total space and peace. Try to not fight, resist, and react to situations in life. When I'm being me, things are at ease.
- Always look back at where I started. Assess how different I am today from the past.
- Recognize that my choices create something. I can influence my destiny by the choices I make. When I change how I feel, think, and act, I can change my physiological well-being for the better.
- Ask for more awareness. My and other people's awareness can craft the future of our world.
- Look at the miracles I've created in my life and acknowledge them. Miracles are something I've created that defies physical laws or something without a clear explanation.
- Chase the white light, which has all the colors in it. This is the light of the creator inside me, then all of the gifts and areas of my life can be revealed to me.
- Change my perspective. Recognize that everything I thought was a problem is only a path to possibilities. In doing so, I move forward facing them rather than avoiding them.
- Love myself and be okay with all the mistakes I've made. Recognize that I'm not perfect, and I don't have to be perfect. Being perfect is not the target; being happy is.
- Eliminate the word "want" in your vocabulary. Highly creative and successful people don't use the word "want." Instead, they say "I'll have," or "I'm asking for," or "I'm going to create this."
- Visit Dr. Dain Heer's [website](#) to learn more about him and his work. Also, check out his [Youtube channel](#) for videos about consciousness and awareness.

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

<https://www.getyourselfoptimized.com/supercharge-your-consciousness-with-dr-dain-heer/>