

On the Spiritual Path with Stephan Spencer

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10 Step Checklist

- Experience God and the divine. Put myself in proximity to these extraordinary experiences to experience God and the divine oneness. Knowing that there's something so much bigger than I can imagine will change how I show up in the world.
- Find a compelling reason to change. Why do I want to make this change? The stronger the "why," the greater my motivation to change.
- Surrender to the Creator. The act of surrender allows the Creator to work through me.
- Trust the Creator and divine timing. Have faith and don't question events around me. The universe always has my best interests at heart. Even though it doesn't give me what I want every time, it will always ensure that I have what I need.
- Continue to live in this world with an open heart and mind about what is beyond my perception. The universe is vast, and the possibilities are endless.
- Treat every moment as a learning opportunity. I am on Earth to learn and grow — not escape.



When you give without expecting anything in return, it colors the nature of your giving.

-STEPHAN SPENCER

- Dwell in a place of positivity and certainty. When I am positive and certain that I am going to make it in life, I will.
- Shake things up. Wake up and change my life by freeing myself from limiting beliefs.
- Nourish my spirit as I find a belief that will transform me into a more enlightened human.
- Don't be afraid of death. If there's no death, how do I appreciate life? How do I treat it? It's a precious gift and every day matters.

For the complete interview, transcript, and important links, visit www.getyourselfoptimized.com/373

Thank you!