

403: Awaken Your Intuition

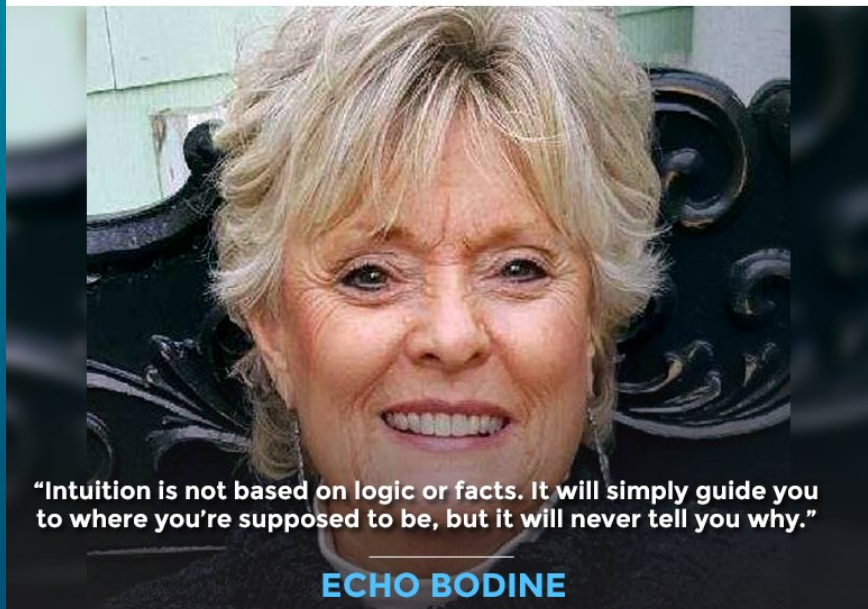
10 Point Checklist

Echo Bodine

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**



"Intuition is not based on logic or facts. It will simply guide you to where you're supposed to be, but it will never tell you why."

ECHO BODINE

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.**

- Have the courage to discover what lies beyond normal. Psychic abilities are not of this world and serve a deeper purpose. Don't ignore whispers in my head, and pay close attention to signs and synchronicities because they're everywhere.
- Maintain an honest brain and heart coherence when utilizing my psychic abilities. It's great to be in tune with my emotions, but I must also stick to the facts.
- Remain patient with myself and always remember it takes time to learn and hone my intuition. Nothing happens overnight; trust the process.
- Be inquisitive but don't overthink. Discovering my intuitive gifts requires limitless curiosity. However, I should know when to accept things as they are and not keep asking why.
- Find a mentor who can help me grow and a support group who understands what I am going through. The psychic world is frequently considered not real or "woo-woo." *It's good to surround myself with fellow believers.*
- Learn more about the Akashic Records and how to access them. The Akashic Records can be an excellent source of wisdom, healing, and psychic connection.
- Empathize with those who are struggling. Always bear in mind that happy people don't seek psychics.
- Keep my ego in check and my thoughts pure. Sometimes people with psychic abilities develop a feeling of superiority. Stay humble and always use my power for good.
- Protect my energy. Don't become too emotionally involved with someone else's struggles, and know when I need to detach from negative emotions that can wear me down.
- Visit [Echo Bodine's website](#) and check out her books on [Amazon](#) to learn more about how I can hone my intuitive skills and psychic gifts.

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

<https://www.getyourselfoptimized.com/awaken-your-intuition-with-echo-bodine/>