404: Battling Fear and Overcoming It

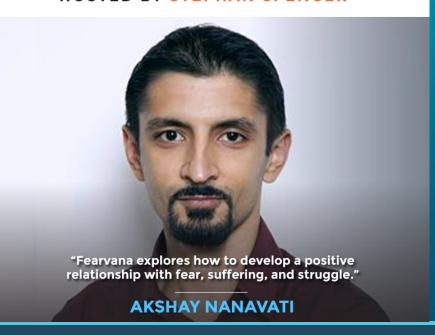
10 Point Checklist

Akshay Nanavati

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.



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.

Adopt a selfless mindset and let go of unhealthy habits. With commitment and effort, I can create a meaningful and worthwhile existence.
Challenge my fears and expand my limits through virtue and intention. Tap into positivity greater than my fear and suffering. This can lead to profound experiences.
Optimize my overall well-being and prioritize self-care. Protect my mind, body, and spirit through healthy practices. Self-care is not selfish and is an essential aspect of living a healthy and happy life.
Transform pain, suffering, and obstacles into a source of empowerment by using them to help others overcome their own challenges.
Acknowledge the inevitability of, and build a healthy, positive relationship with, death. The fear of death can be a powerful force for life enhancement.
Strive to live with a balance of fear and courage and train myself to find that healthy balance. It's a vital way to prevent the paralysis and indecision of fear.
Practice deep self-reflection and stillness by engaging my five senses. Focus on what I presently see, hear, smell, taste, and touch to quiet my mind and tap into a deeper level of consciousness.
Observe my thoughts and feelings without attachment to them. Recognize that my thoughts and feelings are momentary and do not define who I am.
Discover my unique path to spirituality and consciousness. Avoid shortcuts and remember that my journey to enlightenment is a lifelong process: There is no one-size-fits-all approach.
Visit Akshay Nanavati's website, <u>fearvana.com</u> , to learn more about navigating the pain cave. Also, follow him on <u>Instagram</u> and check out his book, <u>Fearvana</u> , on Amazon and Audible.

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

https://www.getyourselfoptimized.com/battling-fear-and-overcoming-it-with-akshay-nanavati/