405: From Prison to Purpose

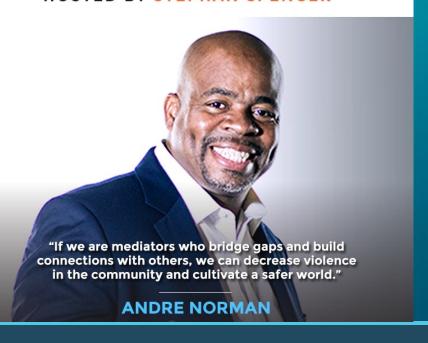
10 Point Checklist

Andre Norman

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.

	Recognize the light in other people. Remember that every individual possesses positive qualities, even people with dark pasts.
	Free myself from the burden of anger and create space for positive emotions. Forgiveness is not easy, but it is a powerful tool for personal growth and healing.
	Change my perception of others to enable profound interactions. If I see someone as my enemy, it will be difficult to see the good that also exists within them.
	Engage in mentally stimulating activities to maintain good mental health and well-being. Find activities that I enjoy and challenge me mentally.
	Tune in to God's voice to gain a deeper sense of purpose and meaning. This also gives me a greater sense of connection to a spiritual presence larger than myself.
	Reflect on what is truly important to me. Consider how my choices will impact my life and the lives of those around me. Making wise choices is a process, but I will also make mistakes — which is fine.
	Trust in my abilities, even when others may doubt or criticize me. If I believe in myself, I can create a meaningful and fulfilling life.
	Discover my purpose and stay open to new experiences and opportunities. Knowing my purpose creates a road map for my life that aligns with my values and goals.
	Use my voice to help others by speaking from my own experiences. I can offer an authentic perspective that resonates with others.
	Visit Andre Norman's <u>website</u> to learn more about his story and efforts to drive actionable social change.
To view the transcript, resource links and listen to the podcast, visit:	

https://www.getyourselfoptimized.com/from-prison-to-purpose-with-andre-norman/