

409: Clarify Your Purpose

10 Point Checklist

Craig Filek

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**



“Purpose mapping allows us to discover the synchronistic and relevant aspects of our lives. It helps us reveal our true, inner selves.”

CRAIG FILEK

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.**

- Enhance my personal and business journey by creating a purpose map. Identify my purpose, my strengths, and my weaknesses, and align them with actionable steps to ensure meaningful progress.
- Cultivate self-awareness by exploring various personality frameworks like Kolbe, astrology, and numerology. This helps me to gain a holistic understanding of my strengths, preferences, and unique traits.
- Channel my energy and efforts toward my purpose and the impact I aspire to create. By staying focused on my mission, I can unleash my full potential and make a meaningful difference.
- Embrace mystery and surrender to the unknown. Allow intuition to guide me toward new insights and perspectives on my life's purpose.
- Recognize that my life experiences, including the circumstances of my birth and upbringing, hold hidden clues to my destiny and offer valuable lessons for personal growth.
- Explore accessible profound revelations and mystical truths and especially those within my culture.
- Dive into the works of influential authors like [Florence Scovel Shinn](#) and [Wallace Wattles](#) to tap into timeless wisdom and discover practical strategies for achieving success and abundance.
- Tap into the collective consciousness and vast knowledge available to me. Consciousness and knowledge act as a conduit for valuable revelations.
- Visit purpose.ai/optimize to engage in beta testing and provide feedback on purpose mapping methodologies to contribute to the development of a transformative tool.
- Become part of the purpose.ai community. Seek support and guidance from [Craig Filek](#) to develop my one-page plan.

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

<https://www.getyourselfoptimized.com/clarify-your-purpose-with-craig-filek/>