

411: Bending Time

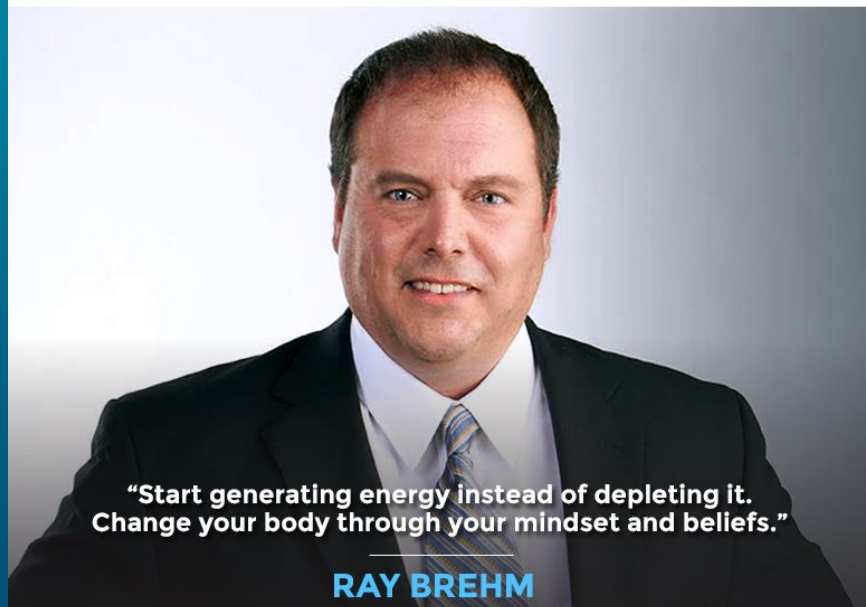
10 Point Checklist

Ray Brehm

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**



**"Start generating energy instead of depleting it.
Change your body through your mindset and beliefs."**

RAY BREHM

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.**

- Determine if my actions are being influenced by my body consciousness or my soul consciousness. Assess whether my actions stem from physical impulses or are guided by profound intuition.
- Embrace the mindset of a lifelong learner. Invest in myself and my own development before I expect others to invest in me.
- Take time for grounding exercises, such as breathing exercises, to relax. This will also help me recharge my energy.
- Seek guidance from my future self to gain clarity and reassurance during challenging times.
- Embrace blessings and positive energy to manifest extraordinary coincidences and experiences.
- Present ideas to the universe. When I share my ideas with others, it can attract like-minded individuals and new opportunities.
- Take chances. Sometimes, taking a chance and seizing an opportunity can lead to great rewards.
- Document significant experiences. Capture meaningful stories and moments in my life to reflect on and share with others.
- Cultivate a positive mindset. Be mindful of the words I use and the thoughts I entertain, as they have the power to shape my reality.
- Enhance my online presence and achieve my goals by exploring Ray Brehm's [website](#) and discovering invaluable insights to leverage virtual summits.

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

<https://www.getyourselfoptimized.com/bending-time-with-ray-brehm/>