

416: Getting Quiet

10 Point Checklist

Elaine Glass

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**



“Quiet moments will lead to positive life transformation. It allows you to tune in and connect with your inner truth.”

ELAINE GLASS

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.**

- Create moments of stillness and solitude. Connect with my true nature and find comfort in the quiet to support my inner peace.
- Deeply connect with my intuition. Understand my intuitive feelings, dreams, and inner voice. Trust my instincts and embrace my intuitive abilities.
- Pay attention to the meaningful coincidences and synchronicities in my life. These subtle experiences can hold profound messages.
- Consider exploring labyrinth walking and other methods to connect with my inner self and find my inner truth.
- Surrender to the natural flow of life. Let go of my desire for control. Connect deeply with both myself and with the universal energy that guides me.
- Identify and clear my obstacles to reach my inner truth. These obstacles can be physical, environmental, mental, emotional, or related to unhealed trauma.
- Practice clearing and cleansing my mind, body, and spirit. Cultivate the ability to listen deeply to my inner voice, higher self, and my divine guidance to reveal inner truth.
- Embrace the fact that I'm never alone. Trust in the unconditional love and guidance of the universe and my spirit guides. Release my fear or judgment of my thoughts.
- Break the addictive patterns that distract me from self-discovery and growth. I need to interrupt negative life patterns and allow myself to be led to positivity and freedom.
- Connect with Elaine Glass at elaineglass.net and explore her free resources. Sign up on the Get Quiet waiting list at getquiet.com.

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

<https://www.getyourselfoptimized.com/getting-quiet-with-elaine-glass/>