

417: Out of Darkness

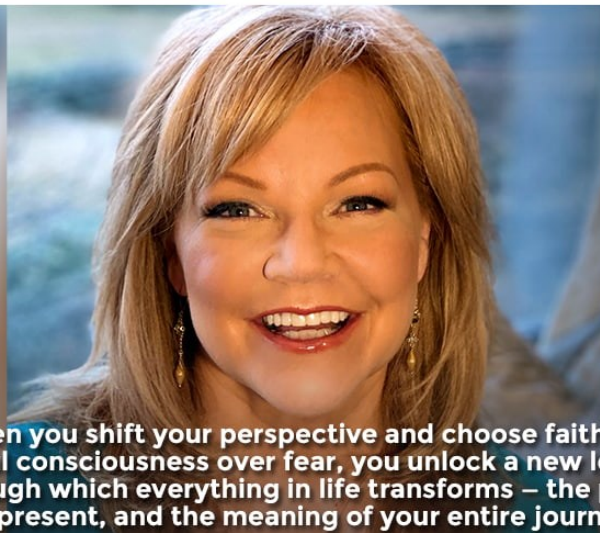
10 Point Checklist

Rhonda Britten

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**



“When you shift your perspective and choose faith and soul consciousness over fear, you unlock a new lens through which everything in life transforms – the past, the present, and the meaning of your entire journey.”

RHONDA BRITTEN

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.**

- Embrace my past experiences and use them as a stepping stone for personal growth. Challenges are opportunities for expanding awareness.
- Recognize forgiveness as a sign of growth and healing. Forgiveness indicates the ability to let go of the past and reach a higher level of awareness.
- Overcome fear to tap into my true potential. Acknowledge my innate human and spiritual power.
- Pay attention to signs and messages in my life, and interpret them in a way that resonates with me. Remember, synchronicities can come in various forms.
- Embrace my innocence and separate myself from fear-based responses or self-judgment. Choose to see myself through a lens of compassion and understanding.
- Choose faith over fear. By choosing faith and trusting in myself, the universe, or a higher power, I can overcome fear and create a more positive and fulfilling life.
- Challenge myself to step outside my comfort zone and take risks. Embrace growth opportunities and explore new experiences that expand my horizons.
- Take responsibility for my power. Realize that I can create miracles when I tap into my highest potential and trust in my innate abilities.
- Acknowledge that loss is an illusion. While the loss may feel real in human experience, remember that it serves a greater purpose and everything is interconnected.
- Visit fearlessliving.org to connect with Rhonda Britten. Take advantage of her Stretch, Risk, or Die free guide at fearlessliving.org/risk and embark on a transformative journey.

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

<https://www.getyourselfoptimized.com/out-of-darkness-with-rhonda-britten/>