

422: The Guides Have Spoken

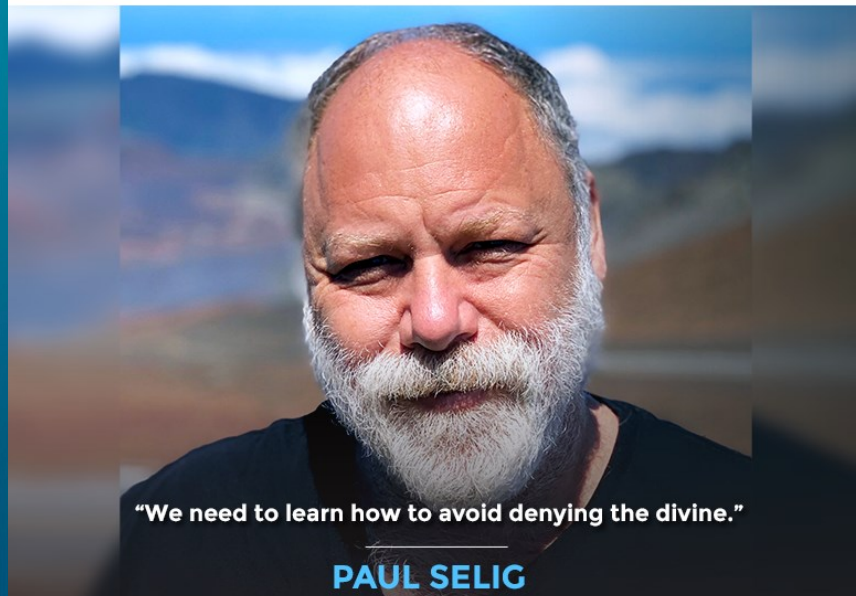
10 Point Checklist

Paul Selig

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**



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.**

- Be open to receiving intuitive messages and guidance. Trust my inner knowledge and differentiate between my own thoughts and intuitive insights.
- Practice discernment. When seeking guidance, exercise discernment and avoid falling into magical thinking. Seek practical and helpful insights rather than trying to overanalyze signs.
- Focus on staying grounded in my physical body. Maintain my presence. Avoid getting lost in the glamor of psychic work and remain connected to the practical aspects of my life.
- Use psychic and intuitive abilities as tools for personal growth and self-awareness. Recognize that these abilities are part of my journey to becoming the best version of myself.
- Cultivate a direct connection with the divine or source energy. Focus on deepening my relationship with God and aligning myself with higher vibrations.
- Maintain healthy boundaries and respect others' boundaries. Avoid projecting my beliefs or expectations onto others.
- Take action on the teachings and insights I receive. Overcome the tendency to resist implementing guidance and work on letting go of worries and old patterns.
- Embrace and celebrate my authentic self. Release the need to prove anything to others. Recognize that my life's path is perfect for my growth and experience.
- Share messages or insights received from higher guidance only when asked, or there's a clear reason to do so. Avoid presumptions and seek approval before offering unsolicited information.
- Visit Paul Selig's website, paulselig.com, to learn more about his teachings, workshops, and upcoming events.

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

<https://www.getyourselfoptimized.com/the-guides-have-spoken-with-paul-selig/>