

# 425: Rising from the Ashes

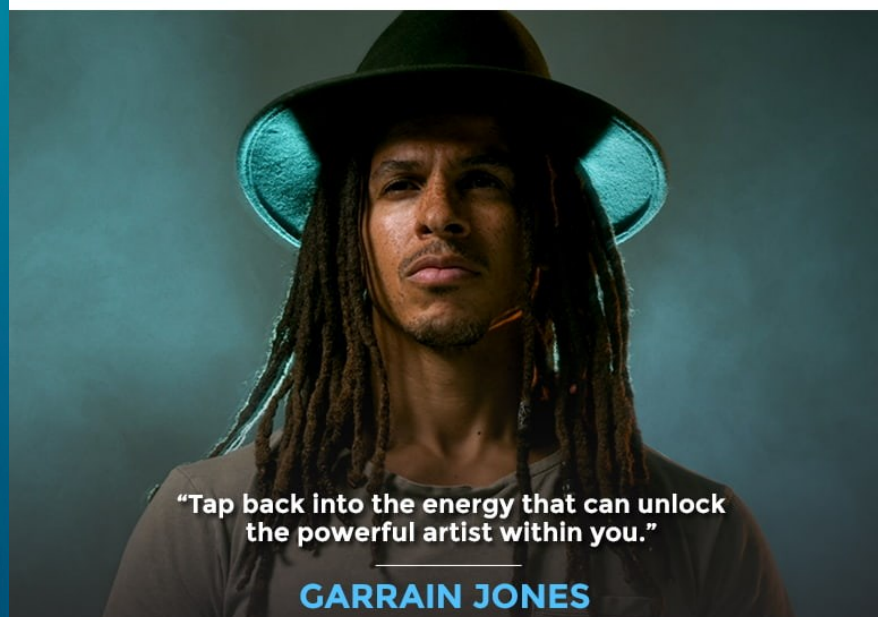
## 10 Point Checklist

### Garrain Jones

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**



**“Tap back into the energy that can unlock  
the powerful artist within you.”**

**GARRAIN JONES**

# 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.**

- Write a letter to my future self. Visualize my future success and accomplishments. Mail the letter to myself to open in one year as a reminder of my goals.
- Practice daily breathwork training. Strengthen my life force and maintain my calm through challenges. Treat my body as a divine temple by prioritizing self-care.
- Engage in a weekly “love meeting” with my partner. Review schedules, needs, intimacy, and unresolved issues. Make expressing appreciation for my partner a daily habit.
- Unclog my channel and embrace my gifts. Remove inner obstacles and recognize my divine purpose. Remember, I am a divine channel meant to share gifts.
- Practice forgiveness and love. Forgive those who have hurt me and send them love, and imagine their reception of it. Replenish myself with love from the Creator.
- Connect with nature daily. Engage in activities like running, cold plunges, and swimming. Reap the benefits of nature's abundance for my well-being.
- Release expectations and trust divine timing. Let go of my rigid expectations for how my visions must manifest. Have faith in the timing of the universe.
- Surround myself with positivity. Choose to be with people who uplift and inspire me. Limit interactions with energy vampires.
- Rediscover fun and play. Set aside time for fun and embrace my childlike wonder. Don't take life too seriously; enjoy the journey.
- Visit Garrain Jones' website, [garrainjones.com](https://garrainjones.com), for valuable resources from his podcast, programs, and coaching. Read his book [\*Change Your Mindset, Change Your Life\*](#) for practical wisdom based on universal principles.

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

<https://www.getyourselfoptimized.com/rising-from-the-ashes-with-garrain-jones/>