

427: Finding Meaning in the Mundane

10 Point Checklist

Kute Blackson

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**

"All of life is a one-man play. Our collective roles are influenced by the Divine—the infinite consciousness."

KUTE BLACKSON

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.**

- Acknowledge the family system I was born into, which can influence my life but doesn't entirely define my destiny.
- Understand the power of my intentions, hard work, willpower, and mindset in shaping my life's trajectory.
- Be aware that my surroundings, including my location, space, and energy in my home, can impact my future and what I manifest.
- Engage in mental, emotional, psychological, and spiritual therapeutic work to free myself from conditioning, pain, and trauma.
- View life as a university for my soul's evolution. See life as an opportunity for my soul to learn, grow, and evolve. Embrace my unique curriculum of life lessons.
- Realize that God transcends my experiences. God is the unchanging, ever-present awareness that contains all experiences.
- Cultivate love and compassion for others and recognize their inherent connection to me. Understand that everyone plays a part in the same divine play.
- Shift my focus from intellectual understanding to direct connection and recognize the divine presence in my life.
- Train myself to see the sacred in every moment, no matter how ordinary it may seem.
- Visit boundlessblissbali.com or connect with Kute Blackson on his main website, kuteblackson.com, [Instagram](#), and [Facebook](#). Explore his book [The Magic of Surrender](#), consider attending the [Boundless Bliss, The Bali Breakthrough Experience](#) event, and listen to his podcast, [SoulTalk](#).

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

<https://www.getyourselfoptimized.com/finding-meaning-in-the-mundane-with-kute-blackson/>