

429: Navigating Life's Challenges

10 Point Checklist

HeatherAsh Amara

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**



"You can shut down in tough times, or you can use them to open your heart and to become present."

HEATHERASH AMARA

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.**

- Connect deeply with nature and the elements to find my balance and resilience. Spend time listening to the land.
- Honor the cycles of life, death, dark and light as my teachers. I shouldn't see these cycles as good/bad or try to avoid the difficult parts.
- Allow life to be my teacher. Spend time observing and connecting with the natural world and reflect on the journeys of my ancestors. Be open to the lessons that come from simply living my life fully.
- Use every situation, even painful experiences, to open my heart and practice being present.
- Rebuild and heal from the roots up. After hardship or loss, resist my urge to quickly "fix" things. Instead lean on my foundations and source. Listen closely to my inner guidance.
- Welcome diversity in my relationships, activities, beliefs and environments. Accept that there are many "right ways" to live.
- Let go of my concepts, beliefs and agreements about how things "should" be. Tune into what is here now.
- Become fully present in love, intimacy, grief, and joy. Wait for insights to arise, and have courage to completely face myself. Move through stories to find truth and clarity.
- Connect to mystery through my ancestors, nature, and life cycles. Nourish my roots without needing to control the outcome.
- Start my journey with HeatherAsh Amara and visit [warriorgoddess.com](https://www.warriorgoddess.com) to find a wealth of resources, including information about author-led events, retreats, books, and more.

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

<https://www.getyourselfoptimized.com/navigating-lifes-challenges-with-heatherash-amara/>