

432: Decoding Your Body's Messages

10 Point Checklist

Wendie Colter

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.**

- Learn more about medical intuition and healing. Recognize medical intuition as a powerful adjunct to mainstream healthcare. It's a way to check in with my body on physical, emotional, mental, and spiritual levels.
- Listen to my body's wisdom. Communicate with my body to understand what it needs and make better decisions for my well-being.
- Utilize meditation for intuitive development. Engage in a meditation practice that helps me feel centered and connected to my body, spirit, and breath.
- Explore how my emotions can be connected to physical imbalances. My feelings, early-life traumas, and unresolved issues can manifest as physical ailments.
- Practice confidentiality. When conducting energy readings or medical intuition assessments, respect the privacy of the individuals involved. Public readings can be inappropriate and breach ethical boundaries.
- Prioritize self-awareness as the first step in my healing. When I'm out of balance emotionally, physically, mentally, or spiritually, I should view it as an opportunity for overall healing.
- Release my suppressed emotions. Physical ailments can result from emotional blockage. Promote my healing through truly experiencing my emotions.
- Find the root causes of my physical and emotional issues. Recognize why my issues manifested.
- Explore holistic health approaches to address my physical and spiritual challenges. Holistic healing can offer me valuable insights into the causes of my emotional, physical, and spiritual issues.
- Connect with Wendie Colter and learn more about her services and programs by visiting her official website, [thepracticalpath.com](https://www.thepracticalpath.com), to access a wealth of information and resources.

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

<https://www.getyourselfoptimized.com/decoding-your-bodys-messages-with-wendie-colter/>