## **432: Decoding Your Body's Messages**

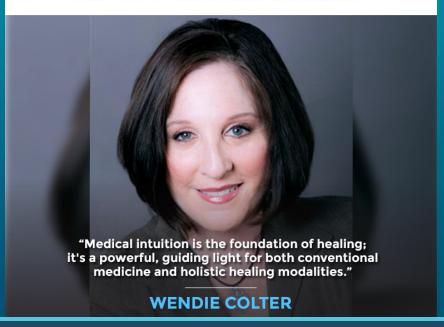
**10 Point Checklist** 

## **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.



## **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.

junct 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, <a href="mailto:theprocess">theprocess</a> , 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/