

# 442: How to Unlock Miracles

## 10 Point Checklist

**Dr. Joe Vitale**

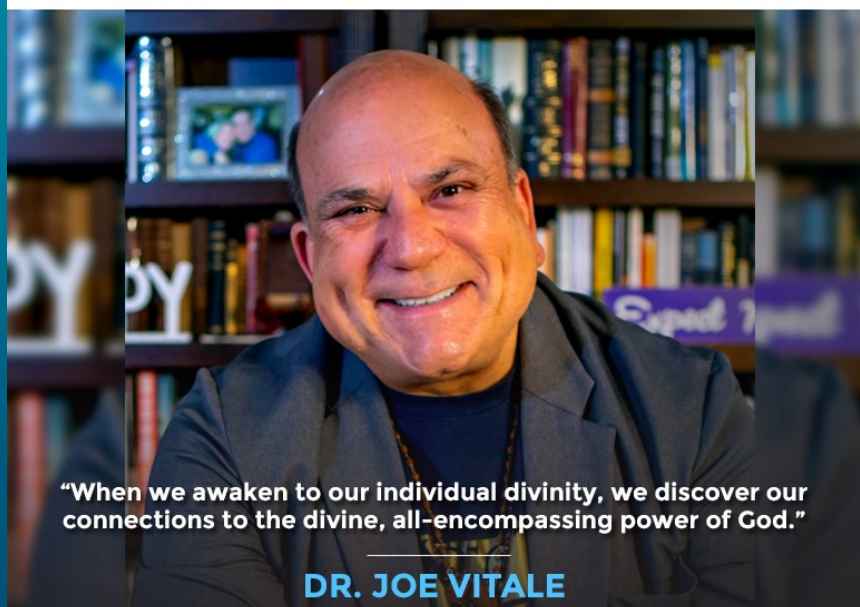
Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

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*Get* **YOURSELF OPTIMIZED**

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HOSTED BY **STEPHAN SPENCER**



“When we awaken to our individual divinity, we discover our connections to the divine, all-encompassing power of God.”

**DR. JOE VITALE**

# 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.**

- Say "yes" to opportunities. Embrace opportunities, even when they seem beyond my current skill set. Trust that the universe provides chances for my growth.
- Persist and keep working toward my dreams, even through struggles and challenges. By persisting through tough situations, I strengthen my resolve and resilience.
- Write for myself first. Align with my authentic voice. If what I write resonates with and helps me, it will likely help others, too.
- Clear my perceptions and unconscious beliefs. This allows inspiration and miracles to flow through me. I should let go of quick judgments and preconceptions.
- Focus on healing myself first rather than trying to fix others. As I heal and gain clarity, the reflection in my external world shifts and can create a ripple effect of healing.
- Stay present. Tap into the “power of now” to foster a deep connection with the source of my inspiration. The present is where miracles happen.
- Expect miracles. Remember, I get what I expect. So, set high expectations for positive outcomes. When I expect the extraordinary, I invite the miraculous into my life.
- Make a record of the unexpected kindnesses I receive. Reflecting on unexpected acts of kindness can help me to appreciate and remember the support given to me.
- Outwit my mind to release my limiting beliefs. Understand and challenge my mental obstacles to experience personal empowerment and transformation.
- Visit Dr. Joe Vitale's website at [MrFire.com](https://www.MrFire.com) for a wealth of information, resources, and updates on his latest projects. I can take advantage of his massive \$3 promotional offer via [zerolimitsmethod.com](https://www.zerolimitsmethod.com).

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

<https://www.getyourselfoptimized.com/how-to-unlock-miracles-with-dr-joe-vitale/>