

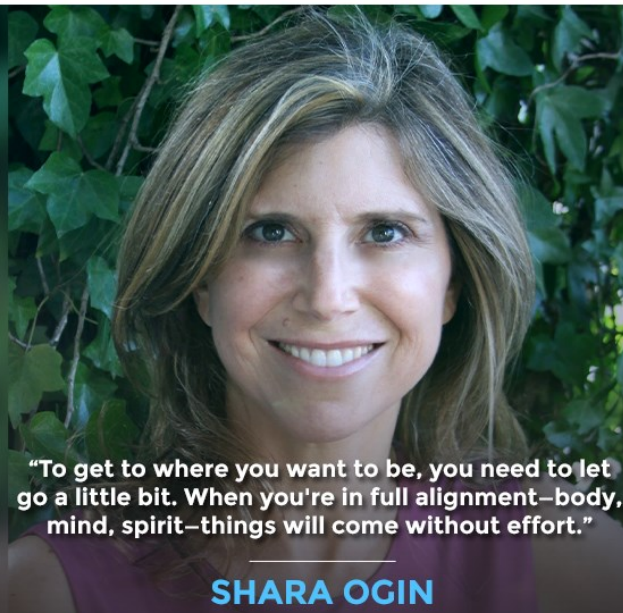
446: How to Bring About the Shift 10 Point Checklist

Shara Ogin

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.**

- Release my limiting beliefs. Identify and address any beliefs that may be standing in the way of my goals and desires.
- Incorporate grounding practices into my daily routine. This helps to calm me and create a sense of stability. Activities such as walking barefoot, gardening, or connecting with nature can help reduce my anxiety and worries.
- Practice somatic movements to unlock my tension and release my pent up emotions. As I free areas where I feel stuck, I release my energy.
- Accept my current circumstances first before trying to change them. Make peace with my present, suspend my judgment, and move toward my goals from a loving foundation.
- Work on building my self-trust. Trusting myself is crucial for my psychic development and overall well-being. Learn to trust my own intuition and guidance through asking internal questions or connecting with my spirit guides.
- Connect to my heart center. Seek higher guidance to support my decision-making. Place my hands on my heart and attune to my inner wisdom. Believe that my inner voice holds answers.
- Surrender and trust in divine timing to find my soulmate. Achieve abundance by releasing my fixation on "how" details unfold. What's in store for me cannot miss me.
- Transform my memories and outcomes to break generational cycles. Focus on creating my future rather than my predictions for my future.
- Consider a holistic approach to address both my mental and physical health. Allow all aspects of myself to flow toward alignment.
- Access a wealth of information and take the first step toward a transformative journey on Shara Orgin's website, sharaogin.com. Download Shara's insightful workbook for free at sharaogin.com/purpose-workbook. Schedule a reading at sharaogin.com/readings.

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

<https://www.getyourselfoptimized.com/how-to-bring-about-the-shift-with-shara-ogin/>