

448: How to Speak to God

10 Point Checklist

Agapi Stassinopoulos

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**



"It's not prayer that's religious, but more the devotion and the reverence about your life force."

AGAPI STASSINOPOULOS

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.**

- Communicate with my higher power openly and through prayer. Speak with transparency and honesty, without judgment or pretense, to connect with my higher power.
- Cultivate happiness by regularly expressing gratitude. Practice thanking God through prayer for five things in my life. The practice of gratitude can help my happiness to thrive.
- Develop my intuition and self-expression to release my emotions. Sing, dance, and move my body to transcend my thoughts.
- Write down my prayers and reflections. Journaling can slow my thoughts and help me to process emotions. Remember, letters to God can reveal my inner truths.
- Ask for guidance around obstacles—big or small. Continually request navigation, and believe that God rejoices in my growth.
- Offer my worries and concerns to my higher power. Anxiety means I've forgotten I'm not alone. I should allow God to carry my burdens.
- Visualize the resolution of my challenges, bathed in golden light. Let this light dissolve the darkness I feel. This can positively shift my energy.
- Discover magic and miracles in my ordinary moments. Reflect on my day to find beauty in even the smallest moments. I should remember that God hides in plain sight.
- Remain open and ask how I can serve God and others. I can share God's infinite love through selfless acts of service. Trust that when I give out of love, my light can help to heal the world.
- Connect with Agapi and explore her teachings by visiting her website, wakeuptothejoyofyou.com. Read her books, including *Speaking With Spirit*, and follow her on [Instagram](#) for daily inspiration.

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

<https://www.getyourselfoptimized.com/how-to-speak-to-god-with-agapi-stassinopoulos/>