

# 452: Reprogramming Reality

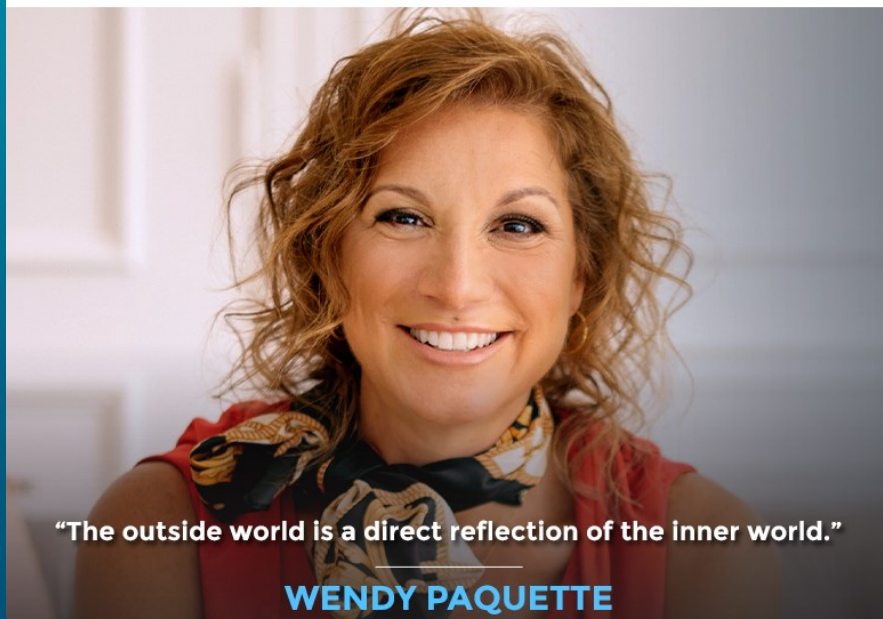
## 10 Point Checklist

### Wendy Paquette

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**



“The outside world is a direct reflection of the inner world.”

**WENDY PAQUETTE**

# 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.**

- Pay attention to my anger, irritation, sadness and other negative emotions. These emotions act as triggers to my old programming.
- Ask myself why a specific person or situation triggers me. Discover my internal patterns and beliefs that these triggers mirror.
- Acknowledge my perceptions about judgment or irritation from others reflect my own programming. My extreme reactions point toward my negative programming as it plays on a continuous, internal loop.
- Release my attachment to negative beliefs that I've created. Embrace my power to construct my reality and release disempowering beliefs.
- Free myself of the people and things that don't align with my vision. Positive, transformative change may require me to distance myself from old, hindering relationships.
- Clarify my vision and my life goals. My vivid vision of my desired reality powers my future timeline shift and progression.
- Identify any mental programs that impede my goals — including negative emotions, patterns, and thoughts. I need to erase this specific programming to transform my future timeline.
- Embrace my uniqueness. Avoid judging the processes of others. I can follow my own blueprints to let my genius shine.
- Anticipate relational changes from all who relate to me based on my old, hindering programming. When my energy frequencies rise, my relationships may dramatically shift or end. Allow my natural relational realignment. Avoid forcing old dynamics that no longer work for me.
- Experience life-changing moments — don't let old programs hold me back. Abstain intense, time-consuming modalities and let my energy shift through rapid reprogramming.
- Book an assessment with Wendy Paquette via [www.wendypaquette.com](http://www.wendypaquette.com) or reach out on [LinkedIn](#). If interested in a [Quantum Timeline Assessment](#) with Wendy: book through [WendyPaquette.as.me/Stephan](http://WendyPaquette.as.me/Stephan), for a \$100 discount.

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

<https://www.getyourselfoptimized.com/reprogramming-reality-with-wendy-paquette/>