

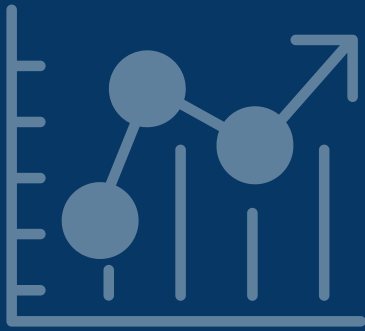
From Skeptic to Spiritual with Stephan Spencer

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10 Step Checklist

- Step out of my comfort zone. The comfort zone implies familiarity, safety, and security, but as I step out of it, transition, growth, and transformation begin.
- Constantly learn and grow. Learning new things gives me a feeling of accomplishment, boosting my confidence in my capabilities. This will also make me more ready to take on challenges and explore new ventures in life.
- Shift my identity. Move closer to my ideal self to become the person I want to be and live a better life.
- Develop an abundance mindset. This creates clarity around my goals, giving me the confidence to achieve them. People with an abundance mentality look at what is working and their strengths. They focus on expanding those strengths rather than trying to improve weaknesses.
- Focus on the white light. Every aspect of my life is in different colors; if you chase after them, you don't get any of it. Instead, chase after the white light where all colors came from.
- Experience God and the divine. Put myself in proximity to these extraordinary experiences to experience God and the divine oneness. Knowing that there's something so much bigger than I can imagine will change how I show up in the world.



"Skepticism and cynicism are two sides of the same coin. If you're a skeptic, you're just one step away from being a cynic."

-STEPHAN SPENCER

- Have a permanent awakening. This is an ongoing evolution; I don't drop back down to not awakened after having an awakening.
- Don't be afraid of death. If there's no death, how do I appreciate life? How do I treat it? It's a precious gift that every day matters
- Practice the concept of the willing suspension of disbelief. Set my skepticism aside, try something new, and see what it does for my life.
- Always look for opportunities to reveal light, add value, and make a difference. Opportunities keep coming my way. I should always try to set higher goals in life no matter how hard things look from a distance; perfect planning and preparation get them closer to me.
- Surround myself with great people. Find high-level groups to be a part of.

For the complete interview, transcript, and important links, visit www.getyourselfoptimized.com/369

Thank you!