

# 337: Journey Beyond the Veil

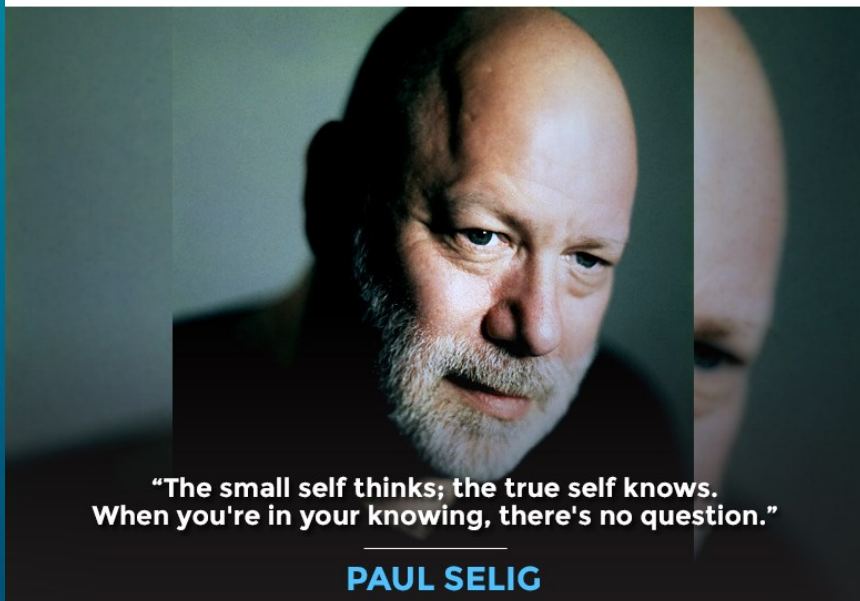
## 10 Point Checklist

### Paul Selig

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 small self thinks; the true self knows.  
When you're in your knowing, there's no question."**

**PAUL SELIG**

# 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.**

- Continue to live in this world with an open heart and mind about what is beyond our perception. The universe is vast and the possibilities are endless.
- Spend my energy wisely. This is the most important currency. Make sure that in whatever I do, I give it my all but at the same time, my soul still feels recharged as well.
- Treat every moment as a learning opportunity. We are on Earth to learn and grow and not escape.
- Learn more about the concept of free will. There's a deeper meaning than just having the freedom to choose what one wants to achieve in life. Simply put, we are free to choose, but we aren't free from the consequences of our choices.
- Master the art of pausing to avoid being reactive in situations. Think about how my actions will affect the near future.
- Observe the breadcrumbs life is leaving for me. They often appear subtly and sometimes hard to see except when one truly tunes into their highest consciousness.
- Appreciate and remember those little moments of knowing. Sometimes it's difficult to fully explain how there's a certain feeling like it, but when one knows, one knows.
- Be prepared for change by first accepting it. The world is ever-evolving. We must evolve as people along with it as well.
- Trust the process. Keep learning as I go and embrace everything I encounter in my journey of awakening.
- Visit Paul Selig's [website](#) to access his events, teachings, books, and readings.

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

<https://www.getyourselfoptimized.com/journey-beyond-the-veil-with-paul-selig/>