

420: Wellness Wake-Up Call

10 Point Checklist

Rafael Andrade

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**



"Reflect on the world outside you and then the universe within to discover far greater insights than you can perceive with your senses."

RAFAEL ANDRADE

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.**

- Learn proper breathing techniques to counteract the effects of my modern sedentary lifestyle. Proper breathing is crucial to oxygenate my body and maintain good health.
- Observe and unplug from the constant stream of information and observe my thoughts, emotions, and moods. This self-awareness can help me better understand my mental health.
- Incorporate movement therapy and yoga-style exercises to maintain joint mobility and open up the pelvis, which enhances my workouts and overall well-being.
- Experiment with cold plunges. Occasionally include cold plunges in my routine, and experience the potential benefits of cold therapy.
- Develop a conscious and intentional approach to life. Remember, self-awareness and personal growth is challenging but deeply rewarding.
- Engage in meditation and establish routines that merge neuroscience with ancient wisdom. This practice can help me tackle the world without feeling overwhelmed.
- Pay attention to patterns and glitches that defy logical explanation. Be open to the idea that the reality I perceive might be an illusion constructed by my brain.
- Differentiate between the egoic self, the observer self, and the higher self. Strive to go beyond my egoic self and connect with my higher self to tap into a deeper level of consciousness.
- Consider exploring my psychic abilities and intuition. There's more to the world than what meets the eye, and developing my intuition can lead to powerful insights.
- Check Rafael Andrade's website, conarium.com, to connect and work with him, access valuable resources, and listen to his podcast.

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

<https://www.getyourselfoptimized.com/wellness-wake-up-call-with-rafael-andrade/>