

431: Journey to Self-Healing

10 Point Checklist

Dr. Nicole LePera

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**



"Our authentic self is our purest state of being."

DR. NICOLE LEPERA

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.**

- Consider a holistic approach to self-healing. Understand the connection my body, mind, and nervous system share in my healing journey.
- Recognize that self-awareness needs to lead to actionable steps. It's not enough that I understand my issues. I should address these issues and overcome them.
- Pay attention to moments of synchronicity and alignment in my life. Realize the universe is collaborating with me, rather than working against me.
- Understand that discomfort and pain are part of my growth. They serve as valuable indicators of areas in my life that need attention and transformation.
- Create daily moments to align my intentions with my physical presence. This alignment can help me receive messages and guidance from the universe.
- Balance compassion with self-care. Practice empathy and compassion toward others, yet still prioritize my well-being. Recognize when I reach my emotional limits, and don't hesitate to protect myself with healthy boundaries.
- Heal generational patterns. Recognize that my behavior and coping mechanisms are learned from my initial caregivers and their experiences. Recognize the roots of generational suffering and forgive those who have hurt me.
- Address my trauma and tension. Consider somatic-based practices like Trauma Release Exercises (TRE) to release my physical and emotional tension. These practices can help me reconnect with my body and release stored trauma.
- Rebuilding trust starts with trusting myself. Learn to be present with my emotions and experiences. Trust my ability to flow with life rather than attempting to control or manipulate it.
- To explore [Dr. Nicole LePera's](#) valuable resources for personal development and self-healing, connect with her on [Instagram](#), [YouTube](#), [TikTok](#), and [Twitter](#), [@the.holistic.psychologist](#). Listen to her podcast, [SelfHealer Soundboard](#).

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

<https://www.getyourselfoptimized.com/journey-to-self-healing-with-dr-nicole-lepera/>