

033: Question Your Thoughts and Beliefs to End Suffering

10 Point Checklist

Byron Katie

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**

A portrait of Byron Katie, an older woman with short, wavy white hair, wearing a dark patterned top. She is resting her chin on her hand, looking thoughtfully towards the camera.

"The more we question our judgments, the kinder we become. I think love is the power, so that's my interest and that's my invitation."

BYRON KATIE

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.**

- Create a quiet, peaceful space where you can meditate on the four questions and their turnarounds. Write down your feelings and conclusions.
- Start forgiving people in your life who are causing you pain, even if they are not alive. Forgiveness, letting go, and moving forward has to start within you.
- Download the free worksheet on TheWork.com, it walks you through the steps of taking care of the entire situation of what you're thinking and believing to help end suffering.
- Changing your viewpoint can help you see the world differently. Share the love and joy that you feel with others, and in turn that can help them feel more happiness.
- Check out The Institute for The Work to find facilitators in your area, they will be able to tell you their own experiences, and are there to work with people.
- When you feel pain or suffering, remember that it's a projection of your mind and can be changed.
- Use the turnaround of situations to question the belief and feelings within yourself. The issues may not just lie with the other people involved, but could be inside of you.
- If you come to profound conclusions, apply those conclusions to your relationships. Even if the other people involved are not ready, you can show them that you will be there when they want to talk.
- Being vulnerable is an important part of changing your viewpoint. Stay open minded and accept the feelings and thoughts that you create during your meditation.
- Be critical in your thinking. Your thoughts are not all true, and when you have a thought that doesn't bring joy, learn to discard it.

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

<https://www.getyourselfoptimized.com/question-your-thoughts-and-beliefs-to-end-suffering-byron-katie/>