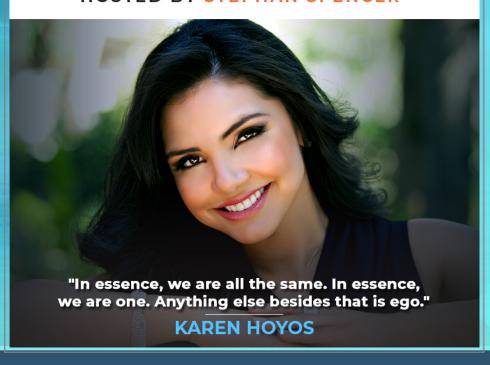# 087: Living Your Purpose

10 Point Checklist

Karen Hoyos

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

"In essence, we are all the same. In essence, we are one. Anything else besides that is ego."

KAREN HOYOS

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.**

☐   Name my ego. In doing so I let go of my ego by identifying it as it's own persona.

☐ I attract everything in my life. Consciously work on attracting what I want every day.

☐ Listening to my inner voice can change my life. Practice recognizing the difference between my ego and my inner voice.

☐ In everything that I do, ask myself, Is this congruent with my essence?; Is this congruent with my values?

☐ Tell my ego "Thank you for sharing" when I notice that he/she is trying to influence my thoughts.

☐ When trying to determine if I'm in my spiritual ego, consider how people react or feel when they're around me. This can provide great insight into what I'm putting out into the world.

☐ Financial abundance and my purpose don't have to be two separate things. Evaluate my mindset in regard to this. What is my perception and is that holding me back?

☐ Be conscious of being judgmental or putting negativity out into the world. Remember, I am either contributing to the consciousness to awaken the world or to keep it asleep.

☐ What would I do with my life if money weren't an issue? If it's not much different than what I'm doing now, I am living my purpose.

☐ My essence, values, experiences and knowledge make me unique. Think about how I can channel these things to add value to the world around me.

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

https://www.getyourselfoptimized.com/living-purpose-karen-hoyos/