

244: Clear Your Energy Blocks

10 Point Checklist

Kim White

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**



“God is spiritual, God is a great spirit and religion is a man’s way to find a path to God.”

KIM WHITE

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.**

- Analyze my level of sensitivity. Being sensitive about things is not a weakness. Instead, it's a strength that can be used in bettering my environment.
- Deepen my connection with my spirituality. Religion sometimes might be too traditional, but my spirit can't be analyzed. Rather it's felt through the heart.
- Stay in touch with my intuition so I am in line with my path in life. When someone listens to their intuition everything's great, and when they go against it, it can create stress.
- Move my body to release any existing energy blocks. Energy blocks can manifest in the body due to stress, fear, negative thinking, and illness. Yoga, exercise, meditation or energy healing are ways to remove any occurring energy blockage in my system.
- Be aware of spirit leechers in my life. They can affect my attitude, drain my energy and passion, and distort my thinking. They can negatively affect my optimism, hope, and confidence.
- Let my divine connection work through me in order to help others. Life has given me blessings and it is important to share it with my community.
- Surround myself with people who are optimistic and can help me improve my self-esteem. Souls with warm energy and positive spirit refuse to let spirit leeches attach to them.
- Avoid carrying emotional baggage from the past. Do not let it define me and hinder me from discovering the person I want to be.
- Be careful with what I let myself consume, physically, mentally, and emotionally. The current news can be a source of negativity and blockages.
- Visit Kim White's [website](#) for more information about his work, services, and energy healing.

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

<https://www.getyourselfoptimized.com/clear-your-energy-blocks-with-kim-white>