

331: Awaken Your Power

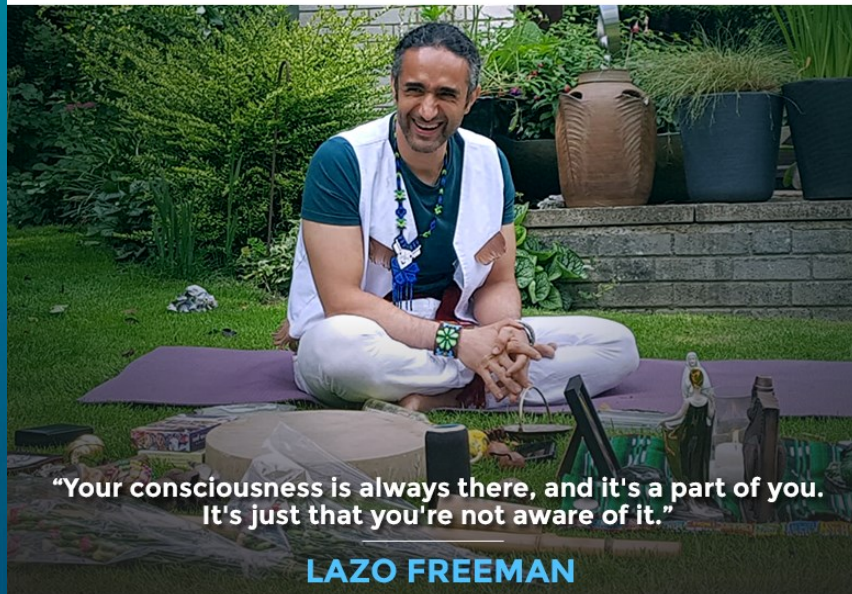
10 Point Checklist

Lazo Freeman

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**



**"Your consciousness is always there, and it's a part of you.
It's just that you're not aware of it."**

LAZO FREEMAN

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.**

- Be open to discovering and learning the nature of reality through the teachings of indigenous elders from all over the world, yogi practices, and people around me.
- Know what my heart is telling me and follow it. Don't be afraid to go into the unknown and discover something new.
- Have friends who can keep me in check. My friends can keep me grounded, help me get things in perspective, and help me manage the problems that life throws at me.
- Find my purpose. Understanding that I'm here to do something or experience something and keeping it all in check is the key to any spiritual growth.
- Learn to let go. Whenever I'm in a situation or problem, it's liberating when I'm not controlling. Letting go gives me a chance to be better and to do better.
- Ask for divine guidance/assistance. The angels are ready and waiting, but they're not going to interfere with my free will.
- Look forward to what the future may bring. Anticipation can often be a stepping stone to hope. As a human being, I need things in my future to be excited and optimistic about.
- Learn how to meditate. My daily life can be stressful, but I can use meditation to give me a sense of calm, peace, and balance to improve my overall health.
- Quiet my mind by spending time with nature. Nature will naturally cleanse negative thoughts in my mind.
- Email Lazo Freeman at lazofreeman@gmail.com to learn more about him and which of his courses might be suitable for me.

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

<https://www.getyourselfoptimized.com/awaken-your-power-with-lazo-freeman/>