

332: A Perfect Unfolding

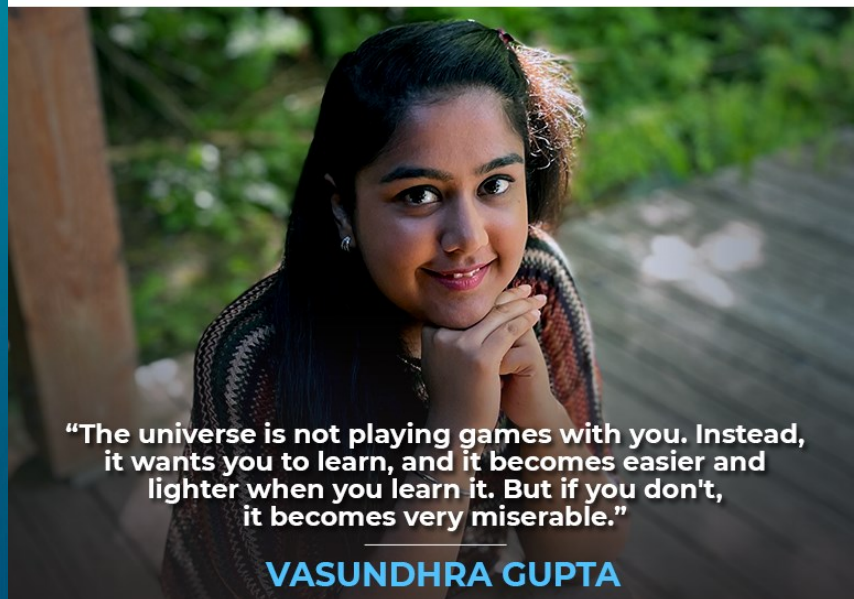
10 Point Checklist

Vasundhra Gupta

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**



“The universe is not playing games with you. Instead, it wants you to learn, and it becomes easier and lighter when you learn it. But if you don't, it becomes very miserable.”

VASUNDHRA GUPTA

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.**

- Find someone who can support me with my life lessons. My support system will guide me on the days when I don't have the strength to pull through.
- Don't get stuck on autopilot. Feeling stuck happens to everyone. The best way to get over that feeling is to focus on myself and determine what I need to learn from my situation. Small adjustments can change my overall perspective.
- Listen to my intuition. Trusting my intuition is the ultimate act of trusting myself. My intuition will help me avoid unhealthy relationships and situations.
- Always acknowledge my growth. Happiness is not rooted in my future plans. It's rooted in where I've come from and the progress I've made. Pain might accompany the progress, but it doesn't mean that it's the wrong way to go. It could just be growth, and growth is very uncomfortable.
- Know that nothing is random. Randomness is a human limitation.
- Every person has a very personal relationship with their angel numbers.
- Acknowledge angel numbers. My angel is making me feel seen and heard. They are trying to get my attention, and the numbers they send have meanings.
- Surrender before guidance can come. The universe isn't going to interfere in my life. It will intervene for me when I ask it to come and when I'm open to receiving it.
- Have pure thoughts. Maintaining the purity of my thoughts, words, and deeds creates powerful positive angels.
- Check out Vasundhra Gupta's blog, My Spiritual Shenanigans, to raise your consciousness and the consciousness of the collective.

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

<https://www.getyourselfoptimized.com/a-perfect-unfolding-with-vasundhra-gupta/>