

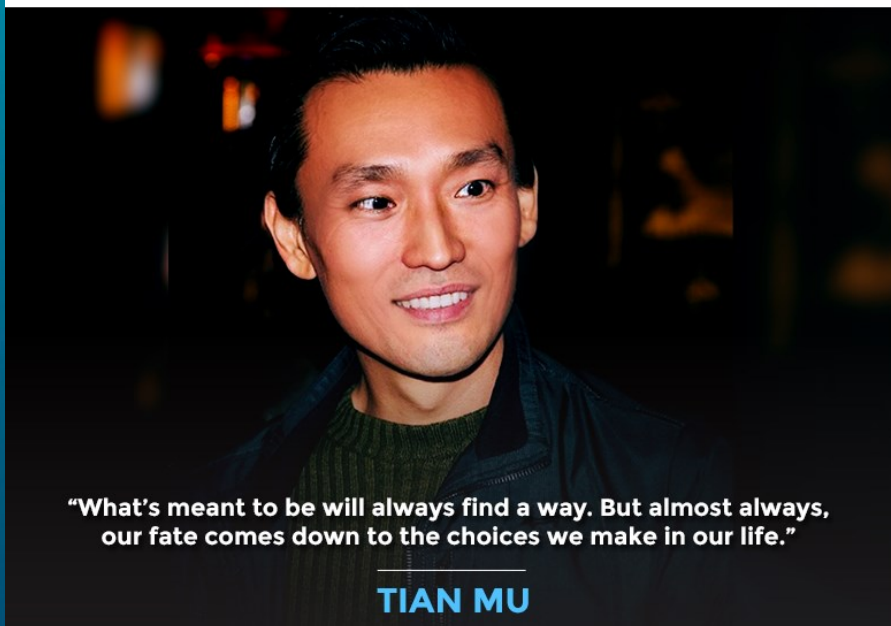
376: Are We Living In the Matrix? 10 Point Checklist

Tian Mu

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**



"What's meant to be will always find a way. But almost always, our fate comes down to the choices we make in our life."

TIAN MU

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.**

- Trust. Go with the flow and don't try to swim upstream. My efforts alone will not get me the outcome I desire.
- Allow synchronicities and serendipities to happen in my life. Just play my part in the play of life and trust everything will happen and unfold in its own time.
- Keep my thoughts pure. Always remember that I'm broadcasting my thoughts into the field, not just for the Creator to hear but for everyone supporting me on this journey.
- Assess my beliefs from time to time. Do my homework and research whether my beliefs still align with how I live or whether I need to drop the old ones and take up new ones.
- Become a co-creator of my reality with God, the source, or the Universe. I create and visualize from my thoughts and believe in them.
- Always make the first move. I need to believe first; then, I can manifest my belief into reality.
- Focus my attention on what I want to create in my life. Being focused on one thing for a certain period allows me to do a better quality of work, more work gets done quicker, and my creative ideas flow easier.
- Choose my words wisely. The words that come out of my mouth have power; they can either encourage or discourage me or others around me.
- Focus on what makes me happy. Being happy instantly builds my confidence. Always ask myself this question, "What will bring me true joy?"
- Connect with Tian Mu on [LinkedIn](#) and check out his mentoring program, Self Mastery Accelerator. Also, visit his ecommerce business, [Brethren Shoes](#) - this business gives a pair of shoes away to somebody who needs it each time a person buys a pair.

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

<https://www.getyourselfoptimized.com/are-we-living-in-the-matrix-with-tian-mu/>