

380: The Mindful Millionaire

10 Point Checklist

Leisa Peterson

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**



“Money is energy. It amplifies who you already are.”

LEISA PETERSON

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.**

- Nurture my spirit by praying daily. This allows me to develop a stronger connection with my faith.
- Nothing is random. Believe that everything is a miracle. Tapping into that belief will start miracles to show up in my life. Understand that miracles are my birthright.
- Courageously share my story to connect with others. My story can help others to start their transformation journey.
- Always do my best. It is not about meeting any expectations or being successful; it's about living life to its fullest potential.
- Teach others to fish rather than giving them fish. Allow others to learn and stand up for themselves. This can create a big impact in their lives and allow them to help others.
- Learn to give. Giving doesn't necessarily mean donating financially. Instead, give in a way that makes sense and is workable.
- Give attention to my chakras. Each chakra is connected to certain emotions, and it can affect me on many levels, not only my physical well-being but also my insecurities, fears, etc. For example, a blocked chakra might also make me feel anxious, tired, angry or I cause poor digestion.
- Be present without allowing my life's baggage to weigh me down. This will make me a happier, healthier human being. In addition, practicing mindfulness will allow me to better regulate my emotions and practice gratitude and empathy.
- Visit Leisa Peterson's [website](#) to get to know her more and learn about her services.
- Check out wealthclinic.com/vision to get her chakra meditation guide and the first chapter of her book, [The Mindful Millionaire](#).

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

<https://www.getyourselfoptimized.com/the-mindful-millionaire-with-leisa-peterson>