

# 384: Nourish Thyself

## 10 Point Checklist

### Dr. Deanna Minich

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**



**"Spirituality is the sense of feeling that you're a part of something bigger. When your spirit is awakened, you begin to discover the meaning and purpose of life."**

**DR. DEANNA MINICH**

# 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.**

- Monitor my emotions when experiencing health challenges. I can start with awareness of my thoughts, feelings, and behaviors. Unexpressed emotions can weaken the body's immune system.
- Maintain a 'colorful' diet. *If my dish is mainly composed of brown and beige colored food, I should add more color to it like greens, reds, oranges, yellows, purples, etc.*
- Develop a creative, open-minded approach with my healing. Healing is not one-size-fits-all. Healing comes in many forms and what might work for others may not be for me and vice versa.
- Learn more about how colors affect my psychology. Colors have the ability to change emotions, behavior, and actions. Every color has a certain functional signature, even within foods.
- Create space for diversity and variety in life. Don't hesitate to face different people, situations, and circumstances because these will allow me to grow and mature mentally, emotionally, and spiritually.
- Tap into a quiet space regularly to establish a better connection with my creative spirit. Amazing ideas come in moments of stillness and quietness.
- Learn more so I can spread light and teach. It's an excellent gift to be able to acquire knowledge, but it's way better when I share it with others.
- Listen to what my body is telling me. Taking the time to listen can make a huge difference in my quality of life, health, and well-being.
- Download Dr. Deanna Minich's e-booklet, [Eat the Rainbow Toolkit](#), which offers tools to help anyone eat the full rainbow of healthy, plant-based foods. It also includes a Rainbow Food Tracker and Shopping List.
- Visit Dr. Deanna Minich's [website](#) to get to know her better and learn more about her consultation services, events, and programs.

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

<https://www.getyourselfoptimized.com/nourish-thyself-with-dr-deanna-minich/>