

395: Where Longevity and Multidimensionality Meet

10 Point Checklist

Teri Cochrane

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**



**“We have three levels of knowledge:
intellectual, intuitive, and heart-based.”**

TERI COCHRANE

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.**

- Constantly work on discovering myself. Self-awareness allows me to access my *multi-dimensional self* — *my past lives, soul's mission, and my future*. Patient with myself in how I process grief. Patience will allow me to find the necessary space for acceptance, peace, and joy. It won't necessarily stop my grief, but the pain won't weigh me down.
- Discover my genetic blueprint. This will help me personalize my diet and lifestyle based on my body's overall health needs.
- Intentionally send and receive messages from God, spirit guides, and angels. When, how, and why I'm spiritually connected become vital to my ability to receive messages from higher planes.
- Practice discernment with every person, entity, and spirit I encounter. Discernment enables me to assess situations and clues, prayerfully make decisions, and ultimately choose well based on how my faith informs my life.
- Be mindful of my declarations. My declarations simultaneously convey my intentions and expectations. Fearlessly make my truthful declarations or they will collapse and become impossible to fulfill.
- Open myself to new possibilities. Let new opportunities naturally unfold rather than forcing them to happen. Observe every moment, experience, and event as an opportunity to grow. Relinquish my pretense of control.
- Purify my thoughts, actions, and words. When I come from a pure, authentic place, powerful positive angels and guides will protect me and lead me to a better life.
- Hone my awareness of and openness to the unseen. What I experience is just 1% of reality.
- Check out Global Sustainable Health Institute®'s [website](#) to learn more about Teri Cochrane's programs - [The Cochrane Method®](#) and [The R3® Executive Program](#).
- Visit Teri Cochrane's [website](#) to learn more about Teri's journey, and the products and services she offers. Grab a copy of Teri's newly-released, best-selling book, [The Wildatarian Diet: Living As Nature Intended](#).

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

<https://www.getyourselfoptimized.com/where-longevity-and-multidimensionality-meet-with-teri-cochrane/>