

396: Open Your Mind to a Higher Reality

10 Point Checklist

Gregory Wendt

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**



"There's a deeper life in us than our current story, perception, and experiences. We can always learn and grow from different perspectives."

GREGORY WENDT

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.**

- Cultivate curiosity through my life experiences. There's deeper life in me than my current story, perception, and civilization. There's always something to discover and a different way of seeing things.
- Consciously decide to learn and grow from all I encounter. Every situation is an opportunity for me to improve myself.
- Change my consciousness and perception of reality. Recognize that I can change the fabric of my experience with reality.
- Practice meditation. Meditation helps me calm my mind and shifts my awareness and perception of how the universe works.
- Pay attention to the gap (the silent space) between my thoughts. No thoughts exist in this space. It is in *'the gap' that I can experience present-moment awareness.*
- Be kind to myself. Challenging circumstances are inevitable; instead of berating myself when I mess up or when things don't go as planned, treat myself with kindness and compassion.
- Remain in control of my thoughts. I'm the captain of my universe. My expectations, beliefs, faith, and confidence impact every aspect of my life.
- Always remember to look inwardly. My inner self holds all the answers and possibilities to my questions and aspirations.
- Keep a strong connection with God or a higher source. Spirituality can help give me clarity on the meaning of life and the universe.
- Visit Gregory Wendt's [website](#) to learn more about him. Also, connect with him through [LinkedIn](#) and [Twitter](#) for all of his exciting news.

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

<https://www.getyourselfoptimized.com/open-your-mind-to-a-higher-reality-with-gregory-wendt/>