

404: Battling Fear and Overcoming It

10 Point Checklist

Akshay Nanavati

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**



"Fearvana explores how to develop a positive relationship with fear, suffering, and struggle."

AKSHAY NANAVATI

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.**

- Adopt a selfless mindset and let go of unhealthy habits. With commitment and effort, I can create a meaningful and worthwhile existence.
- Challenge my fears and expand my limits through virtue and intention. Tap into positivity greater than my fear and suffering. This can lead to profound experiences.
- Optimize my overall well-being and prioritize self-care. Protect my mind, body, and spirit through healthy practices. Self-care is not selfish and is an essential aspect of living a healthy and happy life.
- Transform pain, suffering, and obstacles into a source of empowerment by using them to help others overcome their own challenges.
- Acknowledge the inevitability of, and build a healthy, positive relationship with, death. The fear of death can be a powerful force for life enhancement.
- Strive to live with a balance of fear and courage and train myself to find that healthy balance. It's a vital way to prevent the paralysis and indecision of fear.
- Practice deep self-reflection and stillness by engaging my five senses. Focus on what I presently see, hear, smell, taste, and touch to quiet my mind and tap into a deeper level of consciousness.
- Observe my thoughts and feelings without attachment to them. Recognize that my thoughts and feelings are momentary and do not define who I am.
- Discover my unique path to spirituality and consciousness. Avoid shortcuts and remember that my journey to enlightenment is a lifelong process: There is no one-size-fits-all approach.
- Visit Akshay Nanavati's website, [fearvana.com](https://www.fearvana.com), to learn more about navigating the pain cave. Also, follow him on [Instagram](#) and check out his book, [Fearvana](#), on Amazon and Audible.

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

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