

406: Nothing Short of Miraculous 10 Point Checklist

Colette Baron-Reid

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 all have an internal divine blueprint, and it can lead us through life. This divine blueprint is unique to each of us, defining our role and our notes to contribute to the symphony of life."

COLETTE BARON-REID

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.**

- Consider the well-being of others before you confront them. Reflect on my role in the situation and ask myself, “What part did I play in this conflict, and what can I do to cause less harm?”
- Assume responsibility for my actions and practice grace toward others. Create a compassionate environment by striving to grow.
- Make conscious choices that align with the greater good. While I can’t always control a situation, I can choose how I respond.
- Pay attention to synchronicities in my life and act in partnership with my higher power or the collective energy of humanity.
- Cultivate self-awareness and recognize that various factors, including conditioning and trauma, shape my experiences and personality.
- Become receptive to messages and signs, and show a willingness to let go of the limiting beliefs that hold me back.
- Reframe past experiences as a necessary part of my personal journey. This enables me to get rid of a victim mentality. This also helps me focus on healing and forgiveness.
- Embrace uncertainty and surrender to a higher power. Recognize a higher dimension to meet my potential.
- Refocus and prevent hard circumstances from weighing me down. Focus on something greater than myself, such as God.
- Get real answers to life’s questions with Colette Baron Reid’s free guide, *How to Ask the Right Questions of Oracle Cards*, simply visit coletterbaronreid.com/optimized/.

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

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