

# 415: Overcoming Tragedy

## 10 Point Checklist

### Tim Ringgold

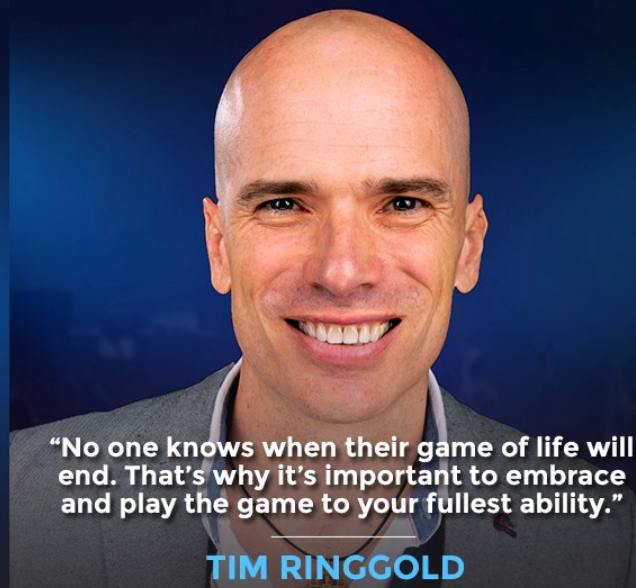
Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

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*Get* **YOURSELF OPTIMIZED**

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HOSTED BY **STEPHAN SPENCER**



# 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.**

- Be mindful of the energy I emit and acknowledge the profound impact of my actions. Remember that my energy and actions create ripple effects.
- Believe in a benevolent universe. By choosing to see the universe as benevolent, I open myself to possibilities and find meaning even in challenging circumstances.
- Explore the importance of human connections and how they can lead to extraordinary collaborations. Reach out, connect, and co-create amazing works.
- Find empowerment and inspiration in my experiences. I have the power to assign meaning to my experiences, whether they are good or bad, and that power can transform the world around me.
- Find comfort and acceptance in the providence working in my life. Unseen forces work to remind me to have humility and fully understand God's vast presence in everything.
- Expand my perception and seek answers beyond my immediate reality. At times, I may be the one standing in the way of my abundance and joy.
- Remove barriers to joy and recognize the obstacles that block me from experiencing true happiness. These barriers can be self-imposed or rooted in shame and past traumas.
- Learn to balance surrender and action in life. I need to surrender the outcome to the higher power and actively participate in the process.
- Appreciate the gift of life and embrace the resilience that allows me to bounce back after setbacks.
- Visit Tim Ringgold's website at [timringgold.com](https://www.timringgold.com) for more information about his music therapy services, blogs, and other amazing resources.

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

<https://www.getyourselfoptimized.com/overcoming-tragedy-with-tim-ringgold/>