

438: Miracles and Second Chances

10 Point Checklist

Terrance McMahon

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**



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.**

- Believe in the possibility of miracles and second chances. Remember, my life can take unexpected turns. Nevertheless, miracles can occur when I least expect them.
- Cultivate unshakeable faith. Embrace a deep and unyielding faith when I face adversity.
- Appreciate miracles. Huge miracles such as surviving a life-threatening illness and small, daily miracles deserve my gratitude. Shift my perspective to see miracles as part of the divine design for my life.
- Pay attention to my inner nudges and instincts. Establish a daily practice of prayer and connection with the divine.
- Practice humility when I experience miracles. The miracles in my life are not based on my achievements or control. Recognize that I am an instrument of a higher power, and credit God for the extraordinary moments I encounter.
- Surround myself with a supportive community that shares my faith and values. Engage in conversations about faith and draw strength from collective energy.
- Seek guidance in my times of uncertainty. Turn to trusted mentors or spiritual leaders when I'm faced with uncertainty.
- Focus my energy on my desires. Place trust in the divine order. Allow the universe to align my desires with my purpose.
- Honor my importance and unique light. Reveal my light to the world through positively impacting and encouraging those around me.
- Reach out to Terrance McMahon on his website, terrancemcmahon.com or on Instagram ([@terrance.mcmahon](https://www.instagram.com/terrance.mcmahon)) for further insights.

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

<https://www.getyourselfoptimized.com/miracles-and-second-chances-with-terrance-mcmahon/>