

444: Journey to Self-Healing

10 Point Checklist

Dr. Cathleen King

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.**

- Embark on a journey of self-discovery. Delve into the root causes of my health issues rather than merely addressing my external symptoms.
- Cultivate a balanced lifestyle by incorporating elements of rest into my daily routine. Allow ample time for digestion, practice mindfulness, and minimize rushing to get things done.
- Implement practices that specifically target my vagus nerve and brain to signal safety to my nervous system.
- Practice somatic techniques. This allows me to sit with my emotions and release my past, stored trauma. Remain in tune with my body and emotions to experience positive growth and transformation.
- Create a foundation of nervous system regulation before I begin to process my trauma. Avoid re-traumatization. Ensure I have a supportive and regulated nervous system before I address my deep emotional wounds.
- Harness the power of brain retraining to create new positive associations and responses. The brain's plasticity can allow me to rewire my thought patterns. This can pave the way for a positive and resilient mindset.
- Employ memory activation and repatterning techniques to shift my perception of the past. Rediscover my potential for healing. Actively reshape my relationship with past experiences through intentional memory work.
- Cultivate a mindset that anticipates positive outcomes and fosters resilience in the face of my challenges.
- Utilize movement and rhythm as tools to avoid freezing as a response to my challenges. This can help me regain a sense of personal power.
- Explore Dr. Cathleen King's transformative technologies and modalities. Join her on a journey toward regulation and holistic well-being through the Primal Trust program at primaltrust.org.

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

<https://www.getyourselfoptimized.com/journey-to-self-healing-with-cathleen-king/>