

# 047: Change Your Beliefs, Change Your Life

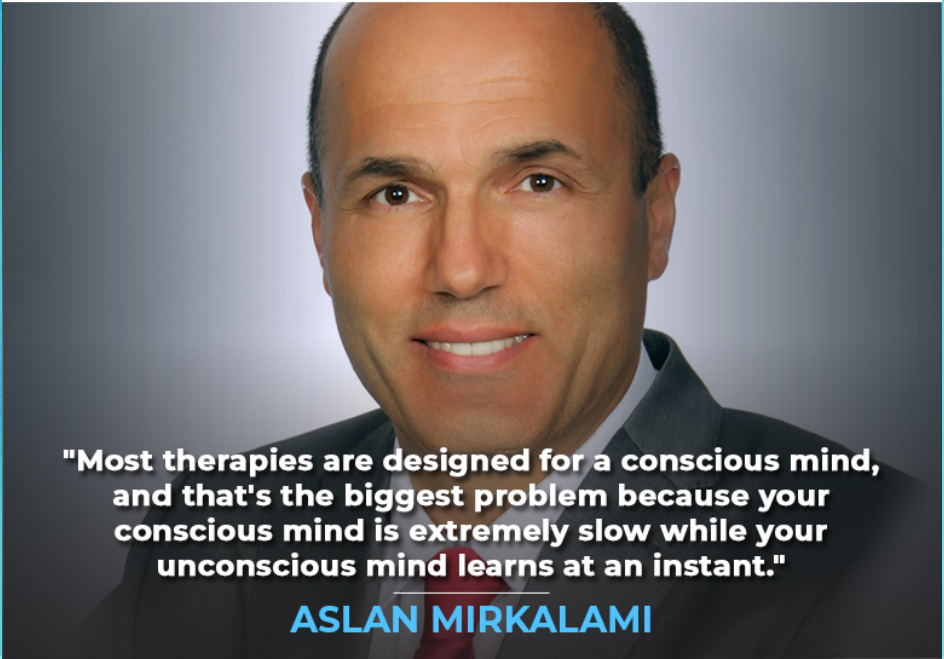
## 10 Point Checklist

### Aslan Mirkalami

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**



"Most therapies are designed for a conscious mind, and that's the biggest problem because your conscious mind is extremely slow while your unconscious mind learns at an instant."

**ASLAN MIRKALAMI**

# 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.**

- If you want to manifest, go down to your Dantian brain, and project from that space your vision will go through your heart, and become your reality.
- Lose your identity and belief system to connect to your heart and right/left brain to your Dantian brain. When you do that, you enter a very creative world.
- Work with Aslan, or contact him with any questions that you have, by emailing him at [aslan.mirkalami@gmail.com](mailto:aslan.mirkalami@gmail.com).
- Most physical illnesses are manifestations of conflicts between your beliefs. Allow yourself to let go of beliefs that are creating issues within your life.
- When you think your mind is separate from your body, it can create a lot of problems including poor communication between them. Allow your body to work as one.
- Changing deep-rooted beliefs oftentimes has to be engineered. Find a great coach, like Aslan, to work with you on overcoming complications that may arise when you begin to change your mindset.
- Try timeline therapy to overcome obstacles or change bad habits. You can be taken back to the time when that behavior began and move backward to change it.
- Let go of the belief of 'impossible goals'. When you believe that everything is possible, you have a much higher chance of success.
- Before making a decision, take a pen in both hands and write ambidextrously. You'll enter into left brain/right brain hemispheric coordinates, and it will help you make a good decision.
- People can take a long time to learn something because their conscious mind is fearful. Through NLP, you can speak directly to your unconscious mind to start learning.

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

<https://www.getyourselfoptimized.com/change-beliefs-change-life-aslan-mirkalami/>