

149: Better Living through Energy

10 Point Checklist

Donny Epstein

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**



"Lucid dreaming is the ultimate psychedelic experience. You're in a three dimensional virtual reality simulation of your own mind."

DONNY EPSTEIN

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.**

- Exchange versions of myself with one that has more resources, enlightenment, and greater access to the universal intelligence.
- Develop a more profound understanding of humanity to help myself deal with struggles and challenges.
- Focus on my breathing and be conscious of the air that's coming in and out of the body to keep me in a more relaxed state.
- Find my higher purpose by going outside of my comfort zone and just saying "yes" to more of what life throws at me.
- Don't force things into existence. Welcome life as it is and embrace change.
- Be aware of my energy levels I invest in myself, my relationships, and my work. This will help me connect better with myself and others.
- Listen to my body and be more observant of its signals. Everything it does is important.
- Spread good vibrations and bring positive energy to the people around me. Find ways to lighten up their burdens no matter how small.
- Be more and give more by joining Donny Epstein's EpiExchange Experiences.
- Grab a copy of Donny Epstein's book, [The 12 Stages of Healing: A Network Approach to Wholeness](#).

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

<https://www.getyourselfoptimized.com/better-living-through-energy-donny-epstein/>