

130: Shining the Light on Light Therapy

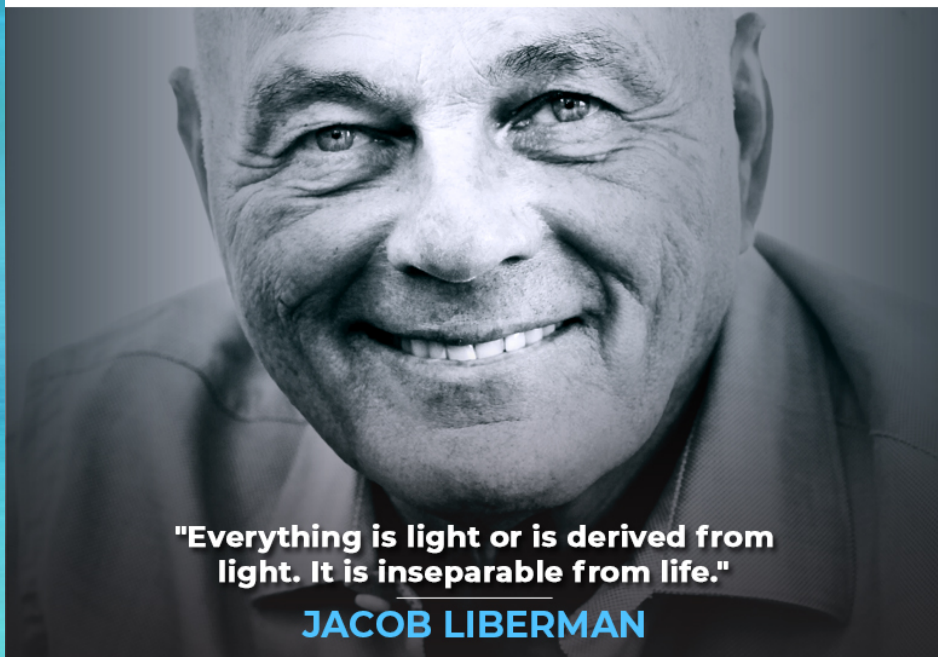
10 Point Checklist

Jacob Liberman

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**



**"Everything is light or is derived from
light. It is inseparable from life."**

JACOB LIBERMAN

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.**

- Understand how light is inseparable from life and that I need it in order to exist. The solar system is comprised of an invisible energy called photons.
- Prioritize my health and happiness above all else. Invest in self-care and find hobbies that I love.
- Research and become familiar with light therapy. Find out what it can do to help me in areas of my life that need healing.
- Find colors that I am comfortable with and incorporate them in areas where I spend my time. Use these colors in my house, office, or clothing.
- Be accepting of life rather than be reactive to it. Light therapy can help me become less stressed, especially when I am out of my comfort zone.
- Don't be discouraged if things don't go my way. Disruption and perturbation are actually signs of being in the right place and moving towards self-fulfillment.
- Take time to reevaluate and reorganize when facing challenges. Don't give up but do take time to pause and reflect.
- Get enough sunlight. Sunlight is vital for cell regeneration, physical and emotional growth, and development.
- Avoid reading, watching TV, or being on my phone for long periods of time. These activities are stressful and strenuous on my eyes.
- Always be grateful for new opportunities. Say thank you and I love you to people who are dear to me.
- Get a copy of Jacob Liberman's new book, [Luminous Life: How the Science of Light Unlocks the Art of Living](#), to learn how to use light to live a life filled with purpose.

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

<https://www.getyourselfoptimized.com/shining-light-light-therapy-jacob-liberman/>