

048: Create Balance and Manifest Your Ideal Life

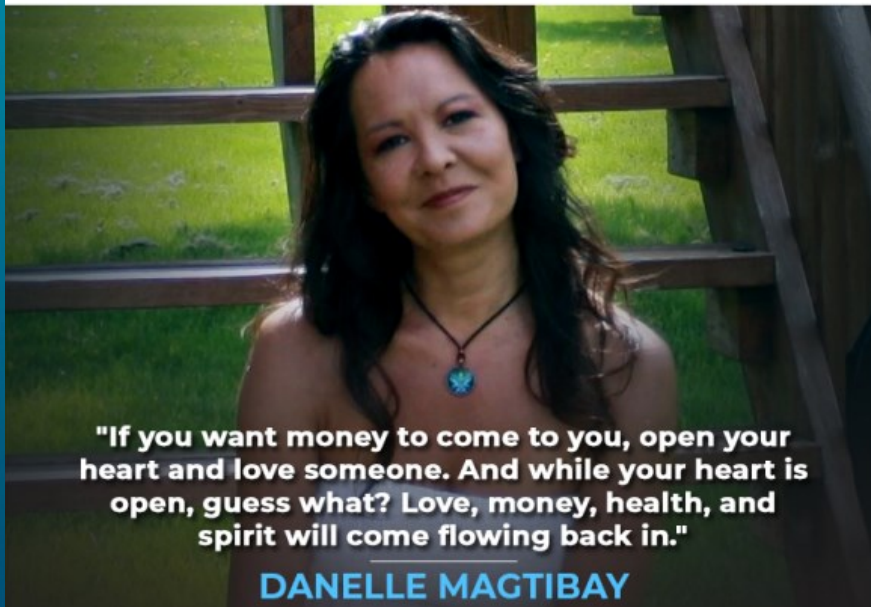
10 Point Checklist

Danelle Magtibay

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.**

- Check in with your emotions before taking action-if you are in a negative situation, you can choose to respond from a positive space.
- The mind is 90% unconscious-if your subconscious says, “I’m not good enough,” you will repel love and success. Learn how to train your mind to stop negative self-talk.
- Go to www.metaphysic.net, and use the contact form to email Danelle. There. You can ask her questions, or just access the free information available on her website.
- When you are able to fill yourself with love from others, you love yourself more, and then the reciprocal force of the universe happens. Give more love, and it will come back to you.
- To work on changing your belief systems, consider where they came from. Once you’re aware of the origin, you can work on creating new beliefs.
- Don’t make negative beliefs a part of your identity. If you identify as a “victim”, you are going to seek out opportunities to be a survivor and continue to suffer in that identity.
- Check out the [Mayo Clinic’s SMART Program](#) which helps people develop higher meditation skills.
- Disconnect from your ego and the negative emotions it can bring. If you think you are unlovable, think of all the friends and family that do love you.
- Money is energy, and the size of the vessel doesn’t matter-a penny has the same quality of energy in it that a million dollars does. Value a dollar just as much as you would a \$100 bill.
- Don’t focus on what’s going wrong, instead keep your mindset on what’s going right, and what you can do to change the parts that need to be worked on.

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

<https://www.getyourselfoptimized.com/create-balance-manifest-ideal-life-danelle-magtibay/>