

327: Spiritual Development Through Equine Therapy

10 Point Checklist

Gina Yarrish

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**



**"Your soul is what lives on forever.
You're just here for a short period of time."**

GINA YARRISH

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.**

- Pay attention to the memos given by God. He has something in store for me which is more significant than what I have right now.
- Listen to the people that are close to me. Strong relationships are developed through open communication.
- Reframe my thoughts to start my transformation process. Always ask myself, "What is it that I can do to be safer?" or "How can I reveal light in this situation?"
- Avoid intrusive thoughts by not lowering my vibration or emotional or spiritual state. These thoughts are not valuable, not helpful, and not mine.
- Try to limit time with social media and the news. It will just make my day worse and will negatively influence me.
- Slow down and reflect on life. Through this, I will receive more messages from a higher consciousness.
- Live life on purpose. Do what truly matters to me in alignment with my values and beliefs.
- Look back and be grateful. There are maybe different trials and tribulations in my life but all the blessings I have received far outweigh them.
- Learn from negative situations and move forward. Don't accept the negativity but always look at the positive side. These situations happen for me to become a better person.
- Visit Yarcort's [website](#) to work with Gina Yarrish.

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

<https://www.getyourselfoptimized.com/spiritual-development-through-equine-therapy-with-gina-yarrish/>