

# 343: Be Your Own Medical Intuitive and Healer


## 10 Point Checklist

### Katie Beecher

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**



"To help as many people as possible connect to their intuition, find unconditional love and self-acceptance. I have learned that health, happiness, and even miracles are possible with these things."

**KATIE BEECHER**

# 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.**

- Connect with my positive and difficult feelings. Allow my feelings to open up channels to make me grounded to get intuitive signals from spirit as well as inside of my body.
- Have a written conversation with my body. Write down my questions, thoughts, and feelings, and direct to my intuition, body, and symptoms. This will allow me to focus on what I hear and feel because it will shut the busy talk of my mind.
- Look at circumstances and situations in life as a gift. Difficult things will happen in my life, but these things will help me grow and develop because of the invaluable lessons I learn.
- Don't ignore symptoms you feel in your body. The longer I ignore or allow the symptoms to be there, the more they multiply and build upon each other, so there are a lot more layers to get through.
- Take a rest and allow the mind to be open to hear what the spirit wants me to do. When I am exhausted, my own agenda takes over.
- Reject negative feelings. These feelings will stop me from moving forward and tell me that I can't do things. Instead, allow love to take over in my life.
- Stop the victim mentality. Instead, take responsibility for my actions and behave with compassion and kindness to myself.
- Trust myself and be open to things. Self-trust is one of the most important things I can do to create the life I want. Everyone has an internal compass, and following it is always the best path to long-term happiness.
- Never stop learning. Lessons and concepts can carry into my next lives. So, I should learn as much as I can for this lifetime and the next.
- Visit Katie Beecher's [website](#) to learn more about her and her services. Katie is giving a \$20 off for her reading service by using the coupon code: 20\$OFF. Also, check out her new book, [Heal from Within: A Guidebook to Intuitive Wellness](#).

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

<https://www.getyourselfoptimized.com/be-your-own-medical-intuitive-and-healer-with-katie-beecher/>