

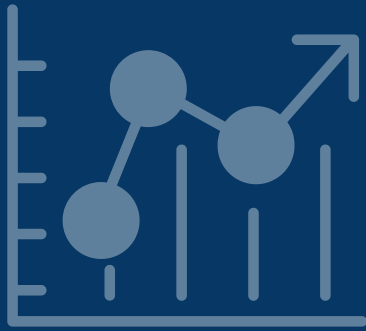
This Was My Wakeup Call with Stephan Spencer

www.getyourselfoptimized.com/353-A



10 Step Checklist

- Pray to God for a divine assignment here on Earth. Don't wait for something tragic to happen before I seek God's mission for me.
- Take some action on the path that I choose. I can't succeed if I don't do anything. By maintaining the action, I'm setting myself up for a greater chance of hitting my goals without being too detailed and overplaying the plan.
- Surrender to the Creator. The act of surrender allows the Creator to work through me.
- Listen to my intuition. Trusting my gut instinct can certainly direct me toward the best path.
- Don't use the word "should." According to Marshall Rosenberg, "should" is the most violent word in the human language.
- Learn to forgive. Forgiveness can help to repair damaged relationships. It brings peace of mind to the forgiver. If I forgive others, it sets me free from stress and anger.



"I didn't want a near-death experience to get a job, but I wanted the job. I wanted to have that purpose, that mission directly given to me by the Creator."

-STEPHAN SPENCER

- Have a willing suspension of disbelief. I need to open my heart and believe that I can get everything I want.
- Continue to live in this world with an open heart and mind about what is beyond our perception. The universe is vast, and the possibilities are endless.
- Treat every moment as a learning opportunity. We are on Earth to learn and grow and not escape.
- Be open to the mysteries of the unexplainable things in life. Even the beginning of the universe or how consciousness came into being still has no definitive answer. There's so much in the world that's unknown.

For the complete interview, transcript, and important links, visit www.getyourselfoptimized.com/353-A

Thank you!