

388: Elevating Consciousness with Jeffrey Allen

10 Point Checklist

Jeffrey Allen

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**



"It's easy to identify who we are and separate ourselves from others. However, outside our body, we're pure consciousness. We're not just all connected; we're actually all one."

JEFFREY ALLEN

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.**

- Remain more in tune with my intuition. Elevate my awareness to help me make decisions quickly and adapt to rapidly-changing conditions. When a decision is right, it will feel clear, nourishing and enriching.
- Develop the ability to discern where I should focus my attention. Imagine a magnet behind my eyes, attracting all of my internal energy. Refocus my attention from places, people and events: this will calm, clear, and focus my mind.
- Let my creative energy flow freely. Visualize this energy flowing through my body and out of my palms. Stretch my hands open, then relax to increase the flow.
- Stay powerfully present. Reconnect my body with the Earth to quickly recover a peaceful, powerful presence. Imagine a tree trunk extending from my hips deep into the Earth. As a root, let myself connect to the center of the Earth.
- Create room to breathe. Visualize my aura and focus my energy on my intentions. This helps me create personal boundaries to remain comfortable with my energy.
- Listen to the source of infinite information rather than my own mind. Allow my higher self, angels, and guides to lead me to infinite possibilities and create an easier life.
- Take action but allow my higher self to plan my life. By allowing this guidance, I can achieve my desired success and happiness as I step into the Universe's opportunities.
- Experience spirituality. The path to consciousness is true spirituality and brings deep understanding – even when I can't explain it.
- Cultivate a growth mindset. When I feel disappointed, embarrassed, sad, or inadequate, I remember that means I'm growing. Allow these emotions and circumstances to be stepping stones to growth.
- Visit Jeffrey Allen's [website](#) to learn more about him and the training he offers. Jeffrey's courses include [Duality: Energy Training](#), [Unlocking Transcendence: Awareness Training](#), and [Spirit Mind Training](#). Also, sign up for his [free Energy Healing Masterclass](#) to discover four powerful energy healing techniques to attract abundance, love, health and happiness.

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

<https://www.getyourselfoptimized.com/elevating-consciousness-with-jeffrey-allen/>