Change Your Beliefs, Change Your Life

10 Point Checklist

Aslan Mirkalami

Want to gain as much knowledge as possible out of The Optimized Geek? 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.

© 2016 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.**

- [ ] If you want to manifest, go down to your Dantian brain, and project from that space- your vision will go through your heart, and become your reality.
- [ ] Lose your identity and belief system to connect to your heart and right/left brain to your Dantian brain. When you do that, you enter a very creative world.
- [ ] Work with Aslan, or contact him with any questions that you have, by emailing him at aslan.mirkalami@gmail.com.
- [ ] Most physical illnesses are manifestations of conflicts between your beliefs. Allow yourself to let go of beliefs that are creating issues within your life.
- [ ] When you think your mind is separate from your body, it can create a lot of problems including poor communication between them. Allow your body to work as one.
- [ ] Changing deep-rooted beliefs oftentimes has to be engineered. Find a great coach, like Aslan, to work with you on overcoming complications that may arise when you begin to change your mindset.
- [ ] Try timeline therapy to overcome obstacles or change bad habits. You can be taken back to the time when that behavior began and move backwards to change it.
- [ ] Let go of the belief of ‘impossible goals’. When you believe that everything is possible, you have a much higher chance of success.
- [ ] Before making a decision, take a pen in both hands and write ambidextrously. You'll enter into left brain/right brain hemispheric coordinates, and it will help you make a good decision.
- [ ] People can take a long time to learn something because their conscious mind is fearful. Through NLP, you can speak directly to your unconscious mind to start learning.

© 2016 Stephan Spencer