

The Four Steps to Happiness

10 Point Checklist

Valerie Sheppard

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.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



"Living Happy to Be ME is a labor of love."

VALERIE SHEPPARD

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.**

- Wake up to the truth of who I am. Realize that I am a magnificent essence and I am more than just a human being by activating my spiritual side.
- Shake up and release everything that is not in alignment. Stop thinking that I am unlovable and not worthy or that I don't deserve things that I want.
- Make up a new story of me in my life. Take full control of what my story is going to be moving forward to a magnificent life.
- Take up the reins and go live it. Decide what stays and what goes in my life in order to keep this new outlook going.
- Read through Living Happy to Be ME and use the accompanying workbook to learn more about the four step happiness process.
- Welcome a more fulfilling way of living into my life that doesn't depend on my outer circumstances but focuses on my inner joy.
- Laugh to live a lighter life. Welcome laughter into my life as I go on my journey and remember that laughter heals.
- Try as many different meditation practices as I can, so I will know what works best for the appropriate time and situation.
- Practice nonviolent or compassionate communication by doing it in a way that allows love and honor, not anger, guilt, punishment, or shame.
- Learn more about HeartMath and the HeartMath Institute to access my heart's intuition through science based technology.