

# Unlock the Secrets of Your Soul

## 10 Point Checklist

### Eliyahu Jian

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**



**“The meaning of life is letting our souls reach their purpose.”**

**ELIYAHU JIAN**

# 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.**

- Take care of my soul before taking care of my body. Prioritize both spiritual and physical health.
- Act fast on my positive thoughts and let go of my negative thoughts. This is a great practice that will let me pursue great ideas and get rid of negativity.
- Use my time wisely. Always aim to bring value that is beneficial to myself and others.
- Broaden my divine awareness and deepen my relationship with a higher being. Build a strong connection through prayer and meditation.
- Don't depend on others to be happy. Only I have the power to make myself happy and to make changes in my life.
- Learn how to lead my own body and soul before leading others. I cannot influence others without being a good example.
- Continue to be aware of what's happening around my society but don't fixate on the negative topics. Let go of the things that I cannot control but try my best to be a good citizen.
- Break the habit of complaining when I am uneasy. Find a way to deal with the situation without emitting negative energy.
- Avoid "evil speech" where I talk negatively about someone without any benefits for myself, the person I'm talking about or the person I am talking to.
- Learn more about Kabbalah and its principles with Eliyahu Jian at [Vital Transformation](#).