

# From Web Designer to Oneness Monk, A Journey of Awakening

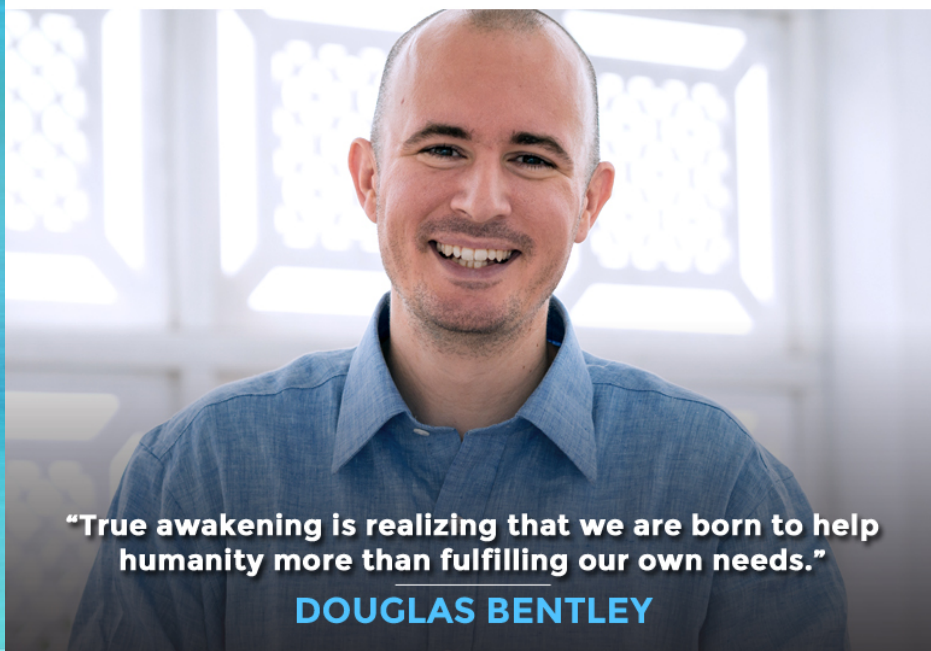
## 10 Point Checklist

### Douglas Bentley

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**



**“True awakening is realizing that we are born to help humanity more than fulfilling our own needs.”**

**DOUGLAS BENTLEY**

# 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.**

- Nurture my spirit. I must take care of my spiritual needs to find balance and clarity in life.
- Find a community and a mentor who can help and support my spiritual awakening.
- Know the difference between an awakened state and awakening. An awakened state is temporary whereas awakening is becoming aware and in tune with myself and others.
- Keep my self-awareness intact and balance my state of consciousness. This will help me in my journey of awakening.
- Let go of my ego. Ego is the inner voice that promotes self-centeredness. Spiritual awakening is all about selfless actions.
- Treat God as an experience more than a belief. Find it in people and nature by staying present and grateful.
- Take care of my body by eating healthy and exercising. My physical state is my spirit's temple therefore it should be regularly taken care of.
- Don't forget about my mental health. My mind is very powerful and positive thoughts bring forth positive events.
- Strengthen my relationships with the people I love. Finding balance within myself depends on how I treat others around me.
- Reset and refocus. True awakening is a constant journey wherein I need to evaluate myself and reflect.