

STELLAR *Life*

Hosted By *Orion*

How to Find the Right Man

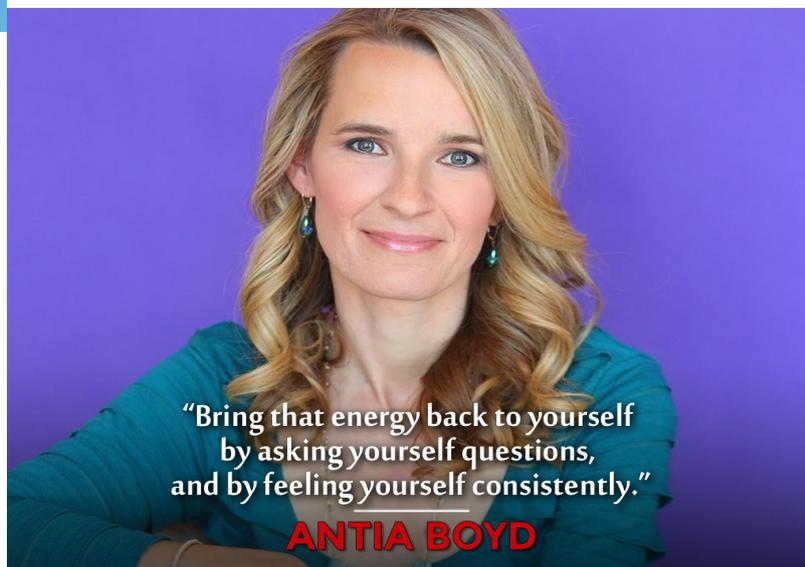
10 Point Checklist

Antia Boyd

Want to gain as much knowledge as possible out of this episode?
Here is your **10 point checklist** that gives you actionable steps you
can take **TODAY** to start living a Stellar Life!

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"Bring that energy back to yourself
by asking yourself questions,
and by feeling yourself consistently."

ANTIA BOYD

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- If you have low standards, you won't attract the people type of people you really want in your life
- Identify which of the two types of women you are. One type of woman learns through relationships, and the other kind of woman learns outside of relationships.
- Get yourself ready for a relationship. Remember that you could meet your life partner any day.
- Make a point of flirting in a way that will signal to men it's ok to approach you.
- If you feel shame or embarrassment, inhabit that feeling and allow yourself to experience it instead of flinching away from it.
- Run toward your fears as fast as you can. Instinct may tell you to run away from them, but running toward them is the way to grow.
- When you're on a date, focus on truly feeling your body. Observe the sensation of your feet on the ground to help you find your way back into awareness of your body.
- In online dating, focus on detachment; look at yourself as a researcher. This will help you avoid putting too much pressure on the situation.
- When flirting, how long should you keep eye contact? Hold your smile for two to three seconds, enough for him to understand that you're interested.
- Don't wear red on the first date - you want to start more neutral and build yourself up to an exciting color.