

STELLAR *Life*

Hosted By *Orion*

Soulful Passionate Relationships

10 Point Checklist

Dave & Yvette Ulloa

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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"As a couple, it's your responsibility to figure out ways to bring adventure, uncertainty, and excitement."

DAVE & YVETTE ULLOA

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.

- Commit to being your best selves in the relationship. Focus on growth both as individuals and as a couple by educating yourself via books, courses, and other teachings.
- Appreciate that your significant other is different from you. Take time to learn about the things they value and the principles they believe in, and respect their personal space.
- Never make your partner feel as if they are taken for granted. Make an effort to remind them how much they mean to you every day. Even the smallest compliment will show them how much you value your relationship.
- Figure out ways to create adventure, intensity, and excitement in your relationship. Spice up date nights by ditching the normal dinner date and try something wild or unexpected once in a while.
- Don't diminish your partner's feelings, especially when they show vulnerability. Resentments start to build up when someone feels their emotions aren't valid.
- Try the Canopy Conversations Technique for couples. According to Dave and Yvette, this communication strategy can be done at least once a week. Create an environment where you are comfortable sharing whatever is on your mind. Your partner's role is to be entirely present and listen, and vice versa.
- Avoid doing things that emasculate your partner. In nature, men are protectors, so instead of saying things that diminish their masculine ego, find ways to empower and inspire them to be the best version of themselves.
- A couple operates best when each partner embraces their role. Understand that one person needs to be the "hunter" while the other person needs to be the "gatherer". These roles may overlap, but if both partners occupy the same role, it will lead to difficulties.
- Master your feminine energy and use your nurturing, sensual, and "soft" qualities as your strength in the relationship.
- Get [Dave and Yvette's gift](#) and find out the three mistakes you need to avoid to maintain a long and happy relationship.