

STELLAR *Life*

Hosted By *Orion*

Love and Relationships

10 Point Checklist

Dr. Pat Allen

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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"Every member of a team has to acquiesce. Acquiescing is doing something you wouldn't do if you were single, for the sake of the team."

DR. PAT ALLEN

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.**

- Ladies, when dealing with right-handed men, try not to combine feelings and thoughts; they can handle one at a time, but not both.
- Treat your body in a healthy way, especially if you're looking for a man. Men pick with their eyes, Dr. Pat explains, so respect your body.
- If you're a career woman most of the time, practice transitioning into becoming a woman with a career outside of your work hours.
- Work toward getting in touch with your inner child, especially if you're a single woman who's having a hard time finding a man.
- Take relationships on your own terms. If you're okay with being a doormat in a codependent relationship, have at it, suggests Dr. Pat.
- Try phrasing your requests this way: "I have a question/thought/want/opinion, when would it be convenient for you to listen to me?"
- If you need to be a man when you're near your man, negotiate it first. The rest of the time, be a woman around your man.
- Ladies, in a relationship, do it your partner's way unless it involves calling the police, a doctor, or a lawyer. Let nature teach him his way is stupid, not you.
- Don't ask your man how he feels unless he's physically ill. Asking him if he's happy is mothering him, and real men don't like to be mothered.
- Decide whether you want to mate or marry, and whether you want to get laid or paid. Know what your boundaries are. Use these decisions to guide your dating decisions.