Understanding Men, Women, and The Queen's Code

10 Point Checklist

Alison Armstrong

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!

STELLAR Life

Hosted by *Orion*

"Do not create conflict between a man's needs to a man's integrity"
ALISON ARMSTRONG

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.**

- [ ] Try to avoid asking a man a relationship question unless you want a literal answer. He's more likely to try to genuinely answer it than to take any hint you intended with the question.

- [ ] Don't take it personally if your guy answers your questions about his day with "good" or "fine." It's his hunter instinct to conserve energy showing itself.

- [ ] Be direct about what you want or need from your partner. You need to provide clarity if you want your partner to provide what you're asking for.

- [ ] When a man does what you've asked, actively appreciate him; don't just ignore it because he "should have" done it that way to begin with.

- [ ] Offer appreciation in the currency most treasured by the recipient. If you're not sure what your guy's appreciation currency is, pay attention to how he appreciates you.

- [ ] When your man messes up in relatively minor ways, forgive him. This is a way of showing appreciation and letting him know that everything he does counts for a lot.

- [ ] Take your guy on a "credit tour." Point out everything you need to be appreciated for, and let him do it. Then do the same for him.

- [ ] To be attractive to a man, stop worrying about whether you're attractive, and instead show attraction to him. Many men want very much to be desirable to a woman.

- [ ] Think of something in your life that you're ashamed of. Instead of cringing away from it, acknowledge it to yourself and own it (without justifications).

- [ ] After you own the thing you were ashamed of, forgive yourself. You'll find life opening back up, and you'll be better able to take risks in life, work, and love.