Beyond Mars and Venus
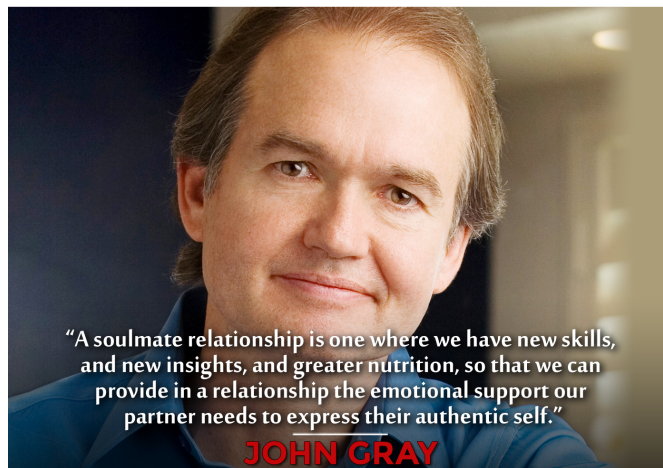
10 Point Checklist

John Gray

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!

"A soulmate relationship is one where we have new skills, and new insights, and greater nutrition, so that we can provide in a relationship the emotional support our partner needs to express their authentic self."
JOHN GRAY

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 improving your nutrition. Good nutrition contributes to overall good health, which helps you successfully create healthy relationships.

☐ Read John's new book, Beyond Mars and Venus. It addresses changing relationship dynamics and gender roles, as well as biological differences between the genders.

☐ Women, if you're feeling overwhelmed, it might be because you're leaning too far toward your masculine side. Relax and rediscover your own femininity.

☐ If you want to stimulate testosterone production, work on creating more independence in your life. Interdependence is a more feminine characteristic.

☐ Avoid asking your male partner to share his fears and vulnerabilities. This allows him to maintain his masculine energy, which in turn lets you maintain your feminine energy.

☐ If your male partner wants to do something to give you time to relax or enjoy yourself, accept and appreciate the gesture! This helps maintain the balance of identities.

☐ Hug your partner several times a day for at least six seconds each time. This allows a significant hormonal change to occur in both bodies.

☐ If you're feeling disconnected from your feminine side, find a way to nurture someone. Nurturing raises estrogen levels.

☐ Intimacy also increases estrogen levels. Find a man, sit down with him, and ask him to just listen and be a sounding board as you express whatever you're feeling inside.

☐ Single ladies, don't try to get men to like you; that's your masculine side. Instead, relax into relationships and let your female side attract the right person to you.