

STELLAR *Life*

Hosted By *Orion*

Create a 5 Star Relationship

10 Point Checklist

Jacquelyn Burnson

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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"Fill yourself with love,
so you can go out and find a soulmate"

JACQUALYN BURNSON

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.**

- ☐ When you're ready, make the decision to put yourself out there and find the partner you want no matter how long it takes or what obstacles arise.
- ☐ Understand the mirror metaphor and reflect on your reactions - and interactions with your soulmate to learn more about yourself.
- ☐ Measure your level of love, trust and intimacy by seeing where your relationship falls in the 5 Star Relationship system. 1 star is Victim/Abuser, 2 star Rival, 3 star Roommate, 4 star Companion, 5 star Soulmate.
- ☐ Avoid sabotaging dates by not talking or drinking too much. Instead develop the social skills to be a great date.
- ☐ Find the main glue that holds you and your partner together by learning about what your passions are and if you are on the same path.
- ☐ Commit to taking care of yourself and working on your own issues in order to build a solid relationship.
- ☐ Study spiritual teachings such as those by Eckhart Tolle to understand what you may need to actually work on.
- ☐ Conduct mastermind relationship meetings to discuss with your partner how you really feel without interrupting each other.
- ☐ Listen to what your partner is going through by not getting defensive during discussions. You want to respond from a place of love and compassion.
- ☐ Work on yourself and rewire your brain by meditating and enjoying the many benefits that come from meditation.