

STELLAR *Life*

Hosted By *Orion*

Naked Dating

10 Point Checklist

Lisa Shield

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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"Be insightful of who you need to be
in order to attract the man you really want."

LISA SHIELD

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.**

- ☐ Become the woman you need to be in order to find a partner you really want.
- ☐ Stop relying on fate and the belief that finding the right person happens on its own. Get yourself out there and start dating.
- ☐ Determine the difference between fantasy and reality. Love isn't only about romantic trips, expensive gifts and amazing sex. It also involves hard work and challenges.
- ☐ Find a person who can guard and nurture your soul rather than someone who can provide you with material possessions.
- ☐ Have a high standard of who you want to spend the rest of your life with but keep an open mind. We all have flaws and imperfections so don't let one negative trait ruin your relationship.
- ☐ Keep growing and inspiring yourself and your partner. If you can't fully love yourself, it's difficult to give love to others.
- ☐ Take care of your physical, mental and emotional health as well as your appearance. First impressions are vital in finding a partner.
- ☐ Live a life full of gratitude. Develop positivity within so that it keeps exiting out of you.
- ☐ Don't give up on love. We've all had our hearts broken in the past but that doesn't mean we don't deserve love and happiness.
- ☐ Find a love coach. Seek help if you feel stuck in your dating life and close to giving up on love.