

STELLAR *Life*

Hosted By *Orion*

Crazy Wild Love

10 Point Checklist

Alexis Meads

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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"Dating should be a natural experience and not something forced."

ALEXIS MEADS

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.**

- Invest in your relationships by spending time with your loved ones or looking for ways to meet new people. Remember that the quality of your relationships is the key to happiness.
- Maintain a good relationship with yourself through self-acceptance and self-care. It's easier to share the love with others when you love yourself first.
- Be specific when you want the Universe to manifest something. When it comes to dating, write down the qualities of the person you want to attract and let that be your guide.
- Don't date people if it feels like a chore. Dating should be simple and fun and if it doesn't feel natural, chances are you're not connecting with the other person.
- Take the time to heal and reconnect with yourself when you're not dating. Rejection and breakups are tough but the silver lining is that you get to know yourself better as an individual and find out what you really want in life.
- Set some boundaries. Don't be too available for someone you barely even know. Bending over backwards for a man often leads to him taking your feelings for granted in the long run.
- Don't take dating so seriously. Just get out there! The more experience you have, the more intuitive it will become to make a connection with someone.
- Know yourself and learn your negative behaviour patterns. Develop strategies to avoid falling back into bad habits. Self-awareness is key to becoming better at handling your weaknesses.
- Be intentional and fully present when you're dating. It's not just a numbers game. If you're really seeking a love that will last forever, take the time to know the person you are with.
- Check out alexismeads.com and learn the 3 simple secrets to end dating frustration.