

# STELLAR *Life*

Hosted By *Orion*

## Manifest Epic Love that Lasts

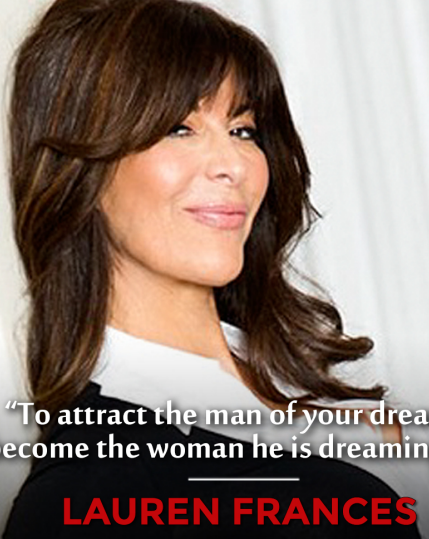
10 Point Checklist

**Lauren Frances**

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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"To attract the man of your dreams,  
become the woman he is dreaming of."

**LAUREN FRANCES**

# 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.**

- Determine what type of relationship you're ready for before you put yourself out there and start dating. When you set clear intentions, the Universe will help you find what you're looking for.
- Present yourself in the way that you want men to perceive you. Take first impressions seriously, especially if your goal is to nurture a long-term relationship.
- Try online dating and take advantage of the platforms that bring people together. Start by creating a profile with photos and a brief description that gives potential suitors pleasant glimpses of what it's like to be with you.
- Be visual, colorful, and sensual in presenting your hobbies online. Lauren advises that instead of saying "I love to read", try something like, "I love thumbing through the pages of Victorian novels in the bath."
- Always remember personal safety when you meet people online. Lauren suggests downloading a burner app so that your number is untraceable. Also, never go on a date without talking to the person on the phone first.
- If you want to ask the guy you're talking to on a date first, just do it. It's okay for women to ask men out, but once he has your phone number, he needs to call you to prove that he's interested in you.
- Don't be shy about flirting. It's a great way to let your crush know that you have your eye on them. One great way to flirt is to notice something they're wearing or doing.
- Aim to be the best version of yourself and become worthy of the relationship you're dreaming of. If you want to meet the man you deserve, you need to be the type of woman he deserves.
- Grab a copy of Lauren Frances' book, [Dating, Mating, and Manhandling: The Ornithological Guide to Men](#) to better understand how men act in the dating world.
- Join Lauren's tele-series event [Get in "The Ring"](#) that will help you go from "seriously single" to "loved and committed." It's simply perfect for this Valentine's month!