

STELLAR *Life*

Hosted By *Orion*

What You Don't Know About Marriage!

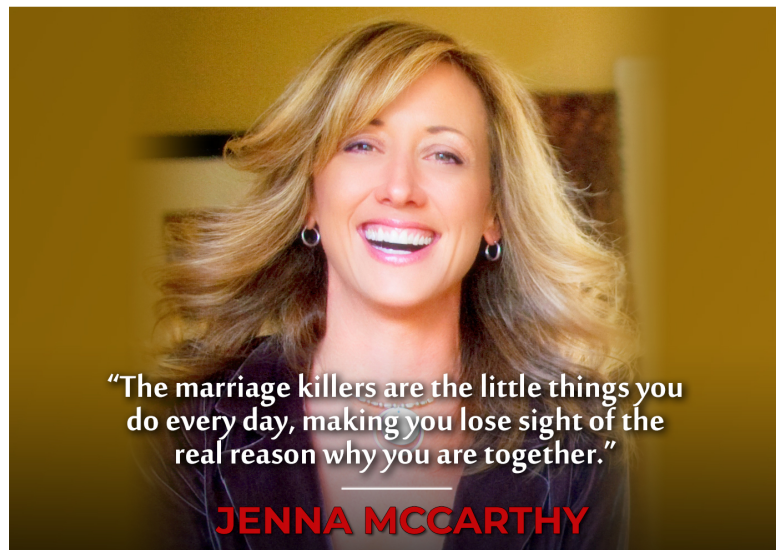
10 Point Checklist

Jenna McCarthy

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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"The marriage killers are the little things you do every day, making you lose sight of the real reason why you are together."

JENNA MCCARTHY

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.

- Acknowledge your husband's efforts and make him feel appreciated on the daily. A simple “thank you” can go a long way in keeping the fire burning.
- Always look for things in your life that make you happy. Appreciate every moment because nothing is permanent.
- A bad day doesn't mean a bad life. Focus on the good and count your and your partner's blessings and accomplishments more than your struggles.
- Don't expect your husband to be a mind reader. Let him know what you want to avoid any misunderstanding.
- Learn your husband's language. You are both separate individuals with different cultures and upbringing. Understanding his nature will lead to better communication.
- Spend quality time with each other. Arrange date nights without the kids and do something fun together.
- Don't lose your identity in the relationship, remember self-care and self-awareness. The more you know who you are, the more unlikely it is that you'll lose yourself.
- Learn to say "I'm sorry." Admitting you're wrong instead of escalating a heated argument can help save your relationship.
- Grab a copy of Jenna McCarthy's book, [If It Was Easy, They'd Call the Whole Damn Thing a Honeymoon](#).