

# STELLAR *Life*

Hosted By *Orion*

## Creating Irresistible Connection with Men

### 10 Point Checklist **Helena Summer**

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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# 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.

- Live life with an open heart. Don't resist all the possibilities and good things life is ready to offer you.
- Listen to your inner guidance and trust that it will lead you to the right path. Going on the journey to finding love must also be a journey of finding your true self.
- Set an intention on what kind of man you want to spend your life with. Visualize your future partner not just on physical and tangible attributes, but how you would like him to treat you as a partner.
- Give the right man a chance to love and take care of you even when you've gone through rough relationships in the past.
- Seek a partner you can spiritually connect with. It doesn't have to be religion. An awakening experience can come from all forms and phases.
- Show respect to your partner at all times. Give them your highest regard even when you're arguing as you should aim for compromise rather than putting the other down.
- Take time to understand men and get to know them on a deeper level. Embrace the fact that both of you are separate individuals with unique goals, outlooks, and needs.
- Make men feel needed. They have a natural urge to protect their women. Showing your vulnerable side without being too needy is healthy for a relationship.
- Don't hesitate to ask for what you want. Don't expect men to be mind readers because most of the time they truly are just clueless about how you feel.
- Check out Helena Summer's website [www.livdelicious.com](http://www.livdelicious.com) for more information, resources, and tips on how to make your love life spicier.