

# STELLAR *Life*

Hosted By *Orion*

## Training Your Love Intuition

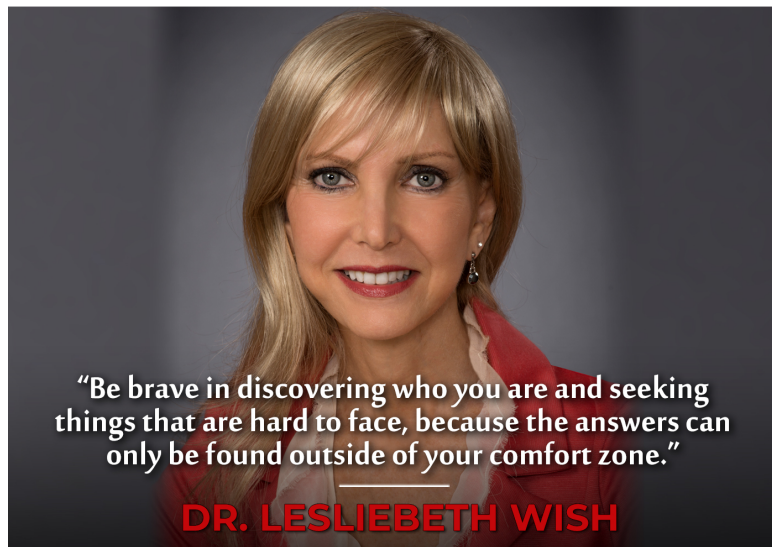
10 Point Checklist

**Dr. LeslieBeth Wish**

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 brave in discovering who you are and seeking things that are hard to face, because the answers can only be found outside of your comfort zone.”

**DR. LESLIEBETH WISH**

# 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.

- Never lower your standards because the "clock is ticking." It's better to be by yourself than be in the wrong relationship.
- Don't give in to the pressures of society. Everyone is different and lives their own life.
- Seek a professional coach's guidance if you feel like you need expert advice to help you overcome any major obstacles in your life.
- Only trust your intuition when it's backed by research. Learn more about your personality and ensure you find the right person.
- Date lots of different people so you know what you want and what you don't want in a partner. Evaluate the people thoroughly before committing to a serious relationship with them.
- Test your relationship to find whether there are any red flags. Observe how he treats the wait staff at a restaurant, or how he treats you when you're with his friends, etc.
- Make your dates resemble real life. Instead of partying at nightclubs or traveling, try going out for coffee or running errands with your dates instead.
- Don't put on a show. Keep it as real as possible. A healthy and genuine relationship is where you can comfortably show your quirks with each other.
- Keep your cool and don't get too over-excited when dating. Take it slow and always trust your intuition to tell you if the time is right to take things to the next level.
- Watch Lesliebeth Wish's TEDx video, [You Can't Always Trust Your Gut About Dating & Mating](#).