

STELLAR *Life*

Hosted By *Orion*

Extraordinary Love & Commitment

10 Point Checklist

Alisa DiLorenzo

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.**

- Keep the excitement in your relationship with your spouse. Staying together for a long time can get boring because life can get in the way. Your duty to each other is to keep the flames burning.
- Don't believe in the media depiction of married couples. Often, rom coms and social media portray marriage as something that is all rainbows and butterflies. In reality, it's working on yourself and your relationship day in and day out to strengthen your bond.
- Be intentional and always consider your partner's best interests even during arguments. It's vital to understand when you argue it should be with the intention of finding the best solution not to win over one another.
- Put effort into your relationship. Let your spouse feel special from time to time by making sure you dress up for them during date nights or cook their favorite meal now and then.
- Don't lose physical touch even in a non-sensual way. Show daily affection for each other by kissing each other goodbye whenever you head out the door or cuddling on the couch while you watch TV.
- Do activities that help you connect. Steer clear of your phones for an hour or two and just be present with each other.
- Be creative with dates during the quarantine. Since it's advised to stay at home, think of ways to spice up date night. It can be a nice backyard movie or an impromptu game night.
- Focus on the gifts, and not the material kind. Sometimes it's easy to be annoyed with your husband when things get super busy, but don't forget to be thankful for all the beautiful memories you have together.
- If necessary, seek help from guides, books, or even marriage counselors. A lot of us didn't study or master how to be married that it's okay to ask questions and seek answers.
- Visit Alisa DiLorenzo's [website](#) to learn about her marriage tips and check out her book, [7 Days of Sex Challenge](#), if you want to spice things up.