

STELLAR *Life*

Hosted By *Orion*

The Queen's Code

10 Point Checklist

Alison Armstrong

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!



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.**

- Try to avoid asking a man a relationship question unless you want a literal answer. He's more likely to try to genuinely answer it than to take any hint you intended with the question.
- Don't take it personally if your guy answers your questions about his day with "good" or "fine." It's his hunter instinct to conserve energy showing itself.
- Be direct about what you want or need from your partner. You need to provide clarity if you want your partner to provide what you're asking for.
- When a man does what you've asked, actively appreciate him; don't just ignore it because he "should have" done it that way to begin with.
- Offer appreciation in the currency most treasured by the recipient. If you're not sure what your guy's appreciation currency is, pay attention to how he appreciates you.
- When your man messes up in relatively minor ways, forgive him. This is a way of showing appreciation and letting him know that everything he does counts for a lot.
- Take your guy on a "credit tour." Point out everything you need to be appreciated for, and let him do it. Then do the same for him.
- To be attractive to a man, stop worrying about whether you're attractive, and instead show attraction to him. Many men want very much to be desirable to a woman.
- Think of something in your life that you're ashamed of. Instead of cringing away from it, acknowledge it to yourself and own it (without justifications).
- After you own the thing you were ashamed of, forgive yourself. You'll find life opening back up, and you'll be better able to take risks in life, work, and love.