

STELLAR *Life*

Hosted By *Orion*

Happy, Long-Lasting Relationships

10 Point Checklist

Dr. Jessica Higgins

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!

STELLAR *Life*

Hosted by *Orion*



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.**

- Learn and grow together as a couple. Embrace the journey and take every moment with your partner as a learning experience.
- Be observant of each other's patterns. Find out what triggers you and your partner so you can implement techniques to work around them and alleviate challenging situations.
- Don't hesitate to seek professional help when you feel like you've been stuck for a long time. Overcome your emotional baggage together with a coach or counselor.
- Do activities that create stronger bonding. Collect good memories with your partner, so you cherish each other more as time goes by.
- Establish a sense of security in the relationship. Let each other know that you have each other's backs no matter what.
- Collaborate on building a healthy support system. Let each other feel needed in the relationship.
- Appreciate more than criticize. Be careful with the words you say to your partner. In every situation, it's always healthy to have each other's best interests in mind.
- Practice the art of taking a pause. Whenever things get heated, remember that you can take a break and cool off. It's better than a raging fight.
- Keep being curious about each other. Asking questions about their day, work, or feelings can make people feel how much you care about them.
- Visit Dr. Jessica Higgins' [website](#) to learn more about how to keep a long-lasting, empowered relationship.