

STELLAR *Life*

Hosted By *Orion*

The Anatomy of Love

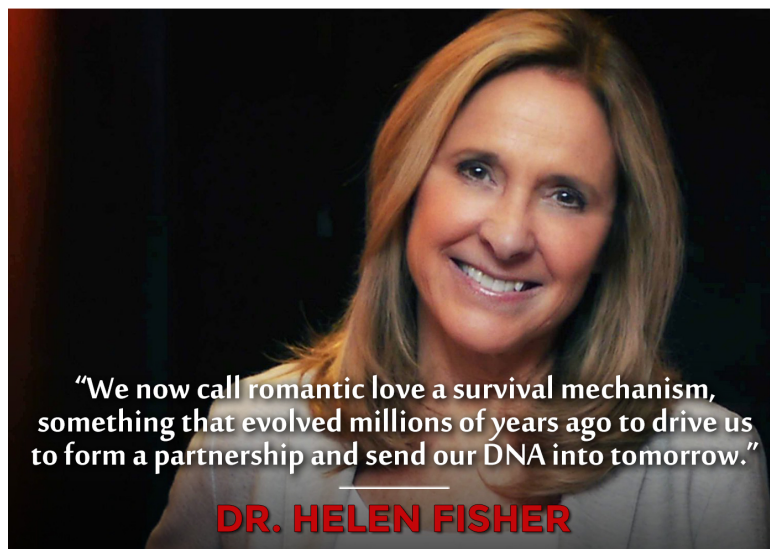
10 Point Checklist

Dr. Helen Fisher

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.**

- Be observant. You socialize better when you understand someone's personality and habits. Pay attention to their behavior.
- Don't be reactive. Instead, take time to calm down and gather your thoughts before responding. When dealing with challenges, be level-headed.
- Learn from others. Knowledge comes when you're open-minded. Engage in conversations and pick up useful pieces of information.
- Be direct. When dealing with high testosterone types, get straight to the point and don't try to be nuanced.
- Explore feelings. When dealing with high estrogen types, ask them how they feel. Ask questions to help them process their emotions.
- Give details. When dealing with high serotonin types, respect their need for detail. Follow their schedules and processes.
- Choose what's right for you. From your spouse to your job, take time to know what you want, and pick what brings you peace and happiness.
- Exercise often. Follow a healthy lifestyle as much as you can. Choose a routine that works for your body and schedule.
- Don't settle. You can achieve anything you set your heart to. Ensure you're happy with your choices and you won't have regrets.
- Visit Dr. Helen Fisher's new [website](#) to find more information about her work. Take the [Personality Test](#) and [The Anatomy of Love](#) to understand yourself better. Follow her on Twitter and LinkedIn to stay updated on her latest releases.