

STELLAR *Life*

Hosted by *Orion*

The Science of Love and Relationships

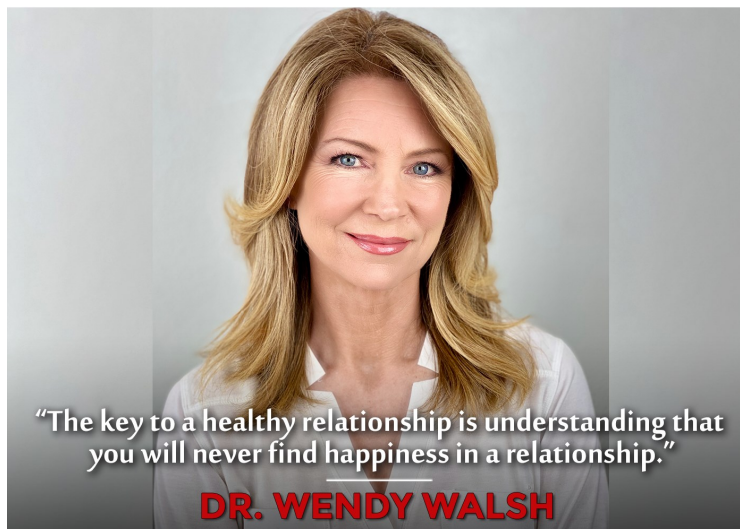
10 Point Checklist

Dr. Wendy Walsh

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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“The key to a healthy relationship is understanding that you will never find happiness in a relationship.”

DR. WENDY WALSH

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.

- Don't be afraid of the ups and downs of your relationship. The road to intimacy is paved with ruptures followed by repairs. During the repair process, you will see your partner's vulnerability; this will allow you to be humble and authentic as you say, "I'm sorry."
- Find a partner who is in a state of readiness. Stop trying to find the perfect partner. Understand that the ideal relationship is not perfect.
- Build emotional intimacy first with your partner. It's much easier to create a passionate sexual relationship with somebody you have emotional intimacy with than to create an intimate relationship with somebody you have hot sex with.
- When looking for a partner, decide what stage in your life you are at right now. Are you looking for a long-term relationship or just a short-term relationship?
- Don't ignore the red flags in a relationship. The moment you ignore the tiniest bad behaviors of your partner, you are giving them permission for these behaviors to grow bigger, bolder, and more painful.
- Don't use dating apps to date. Use them to meet and get into the real world very quickly. The first date should never be a date. It should be a drive-by coffee meeting of not more than 20 minutes. After that, decide if you want to go on a romantic date. If they're not for you, politely tell them.
- Choose the guy who's impassioned by you. If the guy is not showing you a lot of passion, contact, and activation, don't sit there rereading his texts from five days ago going, "I wonder if he's going to text me back?" He's not; he's gone. Just move on.
- Grow your financial intelligence. All women need to get financial literacy. It is the most important thing because it gives you more confidence when choosing a mate. After all, you don't need them for their money.
- Listen to the voice inside yourself about what is right or wrong and what is good or bad. Don't worry about what everybody else thinks because they don't have your best interests at heart.
- Learn emotional communication. The more comfortable you get with using emotional language, the more comfortable other people will be reciprocating it with you.
- Visit Dr. Wendy Walsh's [website](#) to get to know her more. Also, check out her special private community on [Patreon](#).