

STELLAR *Life*

Hosted by *Orion*

Cultivating Deep Connections

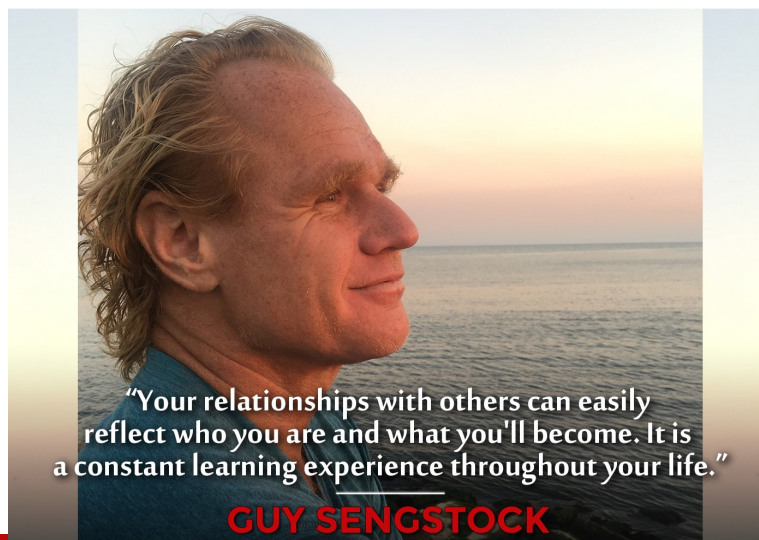
10 Point Checklist

Guy Sengstock

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.**

- Communicate without an intent to control. Instead, have a conscious intention to relate. This will allow you to be more authentic and intimate with the people around you.
- Own your experience. Be more self-aware and learn to distinguish between projections and experience. This will allow you to know what you feel and want.
- Be a better listener. Listening shows respect and regard for the people you work with. It helps to build rapport and demonstrates that you care about others and what they have to say.
- Be open and vulnerable to the people you connect with. Emotional openness is essential in all healthy relationships, as it paves the way for deeper understanding and evokes the empathy necessary for healthy long-term relationships.
- Always be truthful. Honesty is a key component of a healthy relationship, not only because it helps you avoid harmful breaches of trust but because it allows you to live in reality and share this with someone else.
- Evaluate the quality of relationships within your inner circle. Ask yourself these questions: Am I holding any resentments with any of those people? Are there any withheld communications?
- Communicate effectively. By delivering messages clearly, there is no room for misunderstanding or alteration of messages, which decreases the potential for conflict.
- Be comfortable with who you are. Beyond personal growth and development, understanding and loving yourself will boost your relationship and compassion with others.
- Don't be afraid to get out of your comfort zone. Each time you transition, you move to another level. Inevitably, these life transitions transform you.
- Visit Circling™ Institute's [website](#) to learn more about the trainings and events on The Circling™ Method.