

STELLAR *Life*

Hosted by *Orion*

Animal Communication

10 Point Checklist

Laura Stinchfield

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.**

- ☐ Learn how to communicate with your pet. Having a clear and honest communication channel open is important. Be your pet's best friend by connecting with them in the heart, mind, and spirit.
- ☐ Be careful in choosing the right trainer for your pet. Find a trainer who uses positive reinforcement, force-free, or humane training methods.
- ☐ Always praise your pet. The positive acknowledgment you give to them will transform your relationship. It will also encourage them to continue to try to do the right thing.
- ☐ Train and discipline your pet. Never used punishment to train. Instead, teach them boundaries so they understand what's allowed and what's not.
- ☐ Make time for engaging playtime with your pet. Playtime is essential in building and strengthening the bond between you and your pet. It allows you to establish a fun and positive relationship with them while providing them with a productive outlet for their energy.
- ☐ Understand your pet's body language. Their behavior may be a sign that something is wrong.
- ☐ Check in on any intuitive hit you're receiving and ask for confirmation. This will guide you to make more confident and accurate decisions in situations and circumstances that come your way.
- ☐ Have pure thoughts. A malevolent or less than pure intention or thought can trick you into doing something you will regret later.
- ☐ Check out Laura's meditation CD, [Pet Communication, Loss, and the Afterlife](#), and two books, [Voices of the Animals](#) and [Stormy's Words of Wisdom](#). This will help you learn how to talk to animals.
- ☐ Visit Laura Stinchfield's [website](#) to know more about her and work with her to connect with your pet.