

STELLAR *Life*

Hosted by *Orion*

The Art of Relationship

10 Point Checklist

Sheila and Marcus Gillette

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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"Our soul family members are those we feel like we've known forever, and they have been chosen to be here at the same time as us for a particular purpose. This is a part of our big soul contract."

MARCUS AND SHEILA GILLETTE

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.**

- Align yourself with your desires by making self-care a regular practice. Prioritize activities that nourish your mind, body, and spirit.
- Let go of limiting beliefs to radiate a higher vibration and attract positivity and abundance.
- Set clear intentions for what you want to accomplish and why you want to achieve your goals. Write down your intentions and revisit them often to stay focused and motivated.
- Cultivate a sense of humor and childlike curiosity to enhance your relationship with your partner. Be open-minded and approach life with a sense of wonder and awe.
- Practice active listening by being fully present and engaged when someone is speaking to you. Give your undivided attention and engage in conversation with compassion and kindness.
- Defuse tense situations or conversations by asking, “What would love do?” You can also take a break or have a “do-over” to reset the tone of your conversation with someone.
- Maintain open communication and a shared understanding of your experiences with your partner, especially when engaging in multidimensional experiences or spiritual work.
- Learn about soul integration to experience a profound transformation. This will help you gain greater self-awareness and understanding of your thoughts and behaviors.
- Establish healthy boundaries and positively hold your ground. Respect your own needs and limits, and honor those of others by being upfront about your non-negotiables.
- Experience a guided journey with Theo with Marcus and Sheila Gillette by purchasing their book, *The Art of Relationship*, on asktheo.com/love. For more information on their mentoring programs and AskTHEO live experiences, visit asktheo.com.