

Communicating and Connecting with Your Partner Through Your Authentic Self

10 Point Checklist

Alison Armstrong

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



"A woman being happy sets everybody else free, makes everybody smarter, more creative, more cooperative, more everything."

ALISON ARMSTRONG

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Think of people you know who are going through a 'tunnel' experience. Offer them support by respecting their time in the tunnel and allowing them to work their way out of it
- In order to have a better understanding of themselves, encourage the women you know to pay attention to their own internal process of making decisions and how that changes over time.
- Sleep nurtures femininity. Do you or the important women in your life get enough rest? Formulate a plan to ensure that begins to happen.
- The innate ability to affect the happiness of those closest to them is a trait strongly associated with femininity. Reflect on the times in your life when the presence of particular women changed your state of mind or emotional state.
- Women - Withholding our happiness from others can be a form of manipulation. Meditate on times that you have purposely not been happy around someone.
- Women - One of the qualities of the Queen stage is knowing who you are and knowing who we are brings peace. Make spending time on your mind, body, and spirit a priority in your life.
- Part of being an honorable person is being committed to leaving people better off than you found them. Make that commitment or at the very least do no harm to others.
- Communication between men and women is often a mess because we think we understand each other. Make a date with your partner and together evaluate how you communicate with each other. Be specific.
- Sometimes it is easy to see the ways our partner is not good at communicating, but more difficult to see how we do not communicate well. Go watch this video 'It's not about the nail!'
- Go check out Alison Armstrong's website www.understandmen.com to learn more about communicating effectively with members of the opposite sex.