

Finding Your Relationship Style and a Love that Lasts

10 Point Checklist

Dr. Pat Allen

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**



"Old souls have been male and female over and over."

DR. PAT ALLEN

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.**

- Know myself before deciding to seek out a serious partner. I need to be completely aware of my likes and dislikes before pursuing a relationship.
- Maintain a healthy balance in my relationship. One partner should be respected and the other should be cherished.
- Find out what type of relationship I am in to clearly understand my situation. The four types of relationships are convenient, codependent, covenant and moneymaker.
- Observe my partner to see if they have narcissistic tendencies, which can harm the relationship in the long run.
- Learn more about masculine and feminine energy and understand that men and women possess both types. A relationship is like a yin and yang and masculine and feminine energy should balance each other.
- Create personal boundaries and set clear expectations with my partner about what I want out of the relationship.
- Check my pheromone compatibility with potential partners. One's smell can determine if they are a possible mate.
- Make sure my partner is not too foreign or taboo to protect genetics and avoid any complications with offspring.
- Don't hesitate to seek help and undergo therapy if I feel like I need some counseling with my partner. A lot of marriages have survived and thrived because of therapy.
- Go to www.drpatallen.com and get the Lifetime of Love Series and the Want Training for Effective Living to start improving my approach to relationships today.