

# 423: Secrets to a Soulful Relationship

## 10 Point Checklist

### Sheila and Marcus Gillette

Want to gain as much knowledge as possible out of Get Yourself Optimized? 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.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



*“According to THEO, we chose to come into this world. In the grand lottery of human existence, we’re blessed to experience life’s wonders.”*

**SHEILA AND MARCUS GILLETTE**

# 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.**

- Trust in divine timing for my relationships. Be open to unexpected encounters that may hold deeper significance.
- Pay attention to the feeling of soul recognition when meeting someone. Listen to my heart and intuition to recognize a potential soulmate connection.
- Let go of expectations and attachment to outcomes in relationships. When I surrender to the flow, extraordinary things can happen.
- Recognize and appreciate synchronicities in life, as they often indicate the alignment of higher forces guiding me toward meaningful connections.
- Aim for honorable separation if I end a relationship contract. Focus on the love and growth shared rather than resorting to blame and anger.
- Consider the concept of a soul family—people I have deep soul connections with across lifetimes. These connections may not always be romantic, but they contribute to growth.
- Understand that relationships involve co-creation with divine guidance and free will. I contribute to shaping my relationships through my choices and intentions.
- Embrace the magic of unconditional love in relationships. Cultivate a deep sense of acceptance, understanding, and compassion toward my partner and myself.
- Shift my perspective to focus on the gift or lesson gained when facing challenges. This mindset transforms struggles into opportunities for growth.
- Connect with Marcus and Sheila Gillette at their website, [asktheo.com](https://asktheo.com), and access their teachings and resources. Also, check out [asktheo.com/love](https://asktheo.com/love) to access a special gift—purchase their book and receive a guided experience and an audio gift from THEO.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/secrets-to-a-soulful-relationship-with-sheila-and-marcus-gillette/>