

040: Manifest Your Dream Relationship to Reinvent Your Life

10 Point Checklist

Renee Piane

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**

A close-up portrait of Renee Piane, a woman with long, wavy brown hair, smiling warmly at the camera. She is wearing a dark top and small hoop earrings. The background is softly blurred.

"Most of us are too busy working and thinking that once we become this Wonder Woman or Superman, love is just going to knock at our door. Get out of your house, go into the sunshine, rejuvenate yourself, go take some breaks, and go have lunch."

RENEE PIANE

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.**

- Try something different to surround yourself with new people. Go to the local coffee shop in your neighborhood, or try a new class or hobby.
- Keep your mindset positive. When you're negative, it shows in your actions and words. To find love, you have to be open and believe that your true love is out there.
- If you're serious about finding true love, schedule a 90-minute assessment with Renee. She can design a step-by-step plan to find the partner of your dreams.
- Create your vision board! Don't choose random pictures, think about how you want your life to look a year from now, and make it specific.
- If you're feeling disconnected from your partner, or things have changed and you are wondering why, nurture the relationship. It may be as easy as talking about it, and spending more quality time together can help.
- Make a list of 3-5 non-negotiables for your dream partner. What are the traits that they have to have for you to feel happy and fulfilled? Don't settle for less than those traits.
- Have nights where you completely unplug from your electronics, and spend uninterrupted one-on-one time with your partner.
- Re-create your vision board every year. A lot can change, and you want to make sure that your goals reflect where you currently are in your life.
- Plan a surprise date! Your partner will feel appreciated, and you'll get a romantic, fun night alone with the person that you love.
- Be appreciative. Every day, tell your partner at least one thing that you love about them, or that makes you happy.

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

<https://www.getyourselfoptimized.com/manifest-dream-relationship-reinvent-life-renee-piane/>