

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, and access their teachings and resources. Also, check out 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/>