

## YOUR CHECKLIST FOR LASTING LOVE AND PASSION: THE ULTIMATE RELATIONSHIP SCORECARD

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 1: <b>Heartfelt Understanding</b> →	<b>1.</b> Live the Discipline of <b>Putting Your Lover First:</b> It's Not About You!
Skill 2: <b>Give Your Partner What They Really Need</b> →	<b>2.</b> Live the Discipline of <b>Loving No Matter What:</b> The Power of Love, Adoration & Praise
Skill 3: <b>Create and Build Trust and Respect</b> →	<b>3.</b> Live the Discipline of <b>Being Yourself:</b> Emanate & Express Your Natural Essence & <b>True Core</b>
Skill 4: <b>Reclaim Your Playfulness, Presence and Passion</b> →	<b>4.</b> Live the Discipline of Knowing Your Partner Only Has <b>Positive Intent:</b> Eliminate Threats & Be Conscious of Judgments, & <b>Remember the Power of Language</b>
Skill 5: <b>Harness Courage and Embrace Honesty</b> →	<b>5.</b> Live the Discipline of <b>Giving Freedom:</b> Unleash the Power of <b>Forgiving, Forgetting &amp; Flooding</b>
Skill 6: <b>Uncover and Create Alignment</b> →	<b>6.</b> Live the Discipline of <b>Daily Intimacy &amp; Full Engagement:</b> Open Your Heart & <b>Hold Nothing Back</b>
Skill 7: <b>Live Consciously:</b> Be the Example of What You Want in the World (Skill 7 applies to all 10 Disciplines of Love & Passion)	<b>7.</b> Live the Discipline of <b>Polarity:</b> Enjoy the Power of <b>Dancing Energies</b>
	<b>8.</b> Live the Discipline of <b>Loving the Truth:</b> Experience the Power of <b>Vulnerability</b>
	<b>9.</b> Live the Discipline of <b>Utilization:</b> Tap into the Power of <b>Higher Meaning &amp; Constant Growth</b>
	<b>10.</b> Live the Discipline of <b>Gratitude &amp; Giving:</b> Appreciation Is the Power