

WHAT AM I LOOKING FOR IN A RELATIONSHIP?

The following worksheets will take you through each step of the process.

Deal Breakers or Reg Flags

Qualities and Attributes that I won't compromise on in a Relationship

These are the things you don't want to compromise on. They are non-negotiable elements of a relationship in your opinion. They are your true core values.

Which of the following are you not prepared to compromise on?

The true core values that my partner must have are:

- | | |
|--|---|
| <input type="checkbox"/> Adventurous | <input type="checkbox"/> Independent |
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Integrity |
| <input type="checkbox"/> Career driven | <input type="checkbox"/> Looks |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Communication Skills | <input type="checkbox"/> Loving |
| <input type="checkbox"/> Desire to have children | <input type="checkbox"/> Morality |
| <input type="checkbox"/> Educated | <input type="checkbox"/> Outgoing |
| <input type="checkbox"/> Emotional Maturity | <input type="checkbox"/> Physical Attraction |
| <input type="checkbox"/> Family oriented | <input type="checkbox"/> Popular |
| <input type="checkbox"/> Faithful | <input type="checkbox"/> Religion / Religious beliefs |
| <input type="checkbox"/> Financial health | <input type="checkbox"/> Stable |
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Spontaneous |
| <input type="checkbox"/> Generous | <input type="checkbox"/> Substance abuse |
| <input type="checkbox"/> Healthy lifestyle | <input type="checkbox"/> Successful |
| <input type="checkbox"/> Honest | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Humor | <input type="checkbox"/> Wealthy |

Since these things are very personal, your core values might not be in the list above. Add values here if necessary.

Nice to Have List

Qualities and Attributes that I would like in a Relationship

Describe the qualities, attributes and characteristics that you'd like your partner to have:

Physical (height, weight, fitness level)

Family status (single, divorced, widow)

Proximity (where should this person live)

Education (what education do you want the person to have (high school, undergraduate, graduate degree, doctorate)

Religion (should he/she be a specific religion)

Ethnicity and Cultural Background (do you want someone of a specific ethnic or cultural background)

Intentions (looking for a short-term relationship, long-term relationship, or marriage)

Commitment (looking for a relationship with/without commitment, exclusivity)

Language (which language/s are important to you)

Values (which values are important to you? for example, fun-loving, caring, generous, funny, kind, exciting, flattering, interesting, etc)

Financial situation (if this is important to you, would you like the person to be in the same, better, or worse financial situation)

Family (is the person family-oriented, how does this person get along with their parents - this says a lot about a person)

Kids (do they have kids, want kids, don't want kids, don't want kids)

Which of my traits would I love my partner to appreciate?

Go over the list of qualities that you wrote you wanted or didn't want in a partner. Which of these qualities do you have or don't have? Do you live up to you own standards? If not, what can you do to become that person?

Envision the life and relationship you want

These are the things I want in a relationship:

Here are some ideas to get you started. Do you want to:

- Find someone to start a family with or are you looking for a casual relationship?
- Have deep conversations with someone or prefer a fun relationship with not too much communication
- Exercise together
- Set goals together
- Eat out often or cook at home or a combination
- Go to movies
- Go to clubs
- Travel together
- Retire together
- Live a healthy lifestyle
- What is important to you to do for fun?
- Are you a morning person or a night owl? Do you prefer someone who goes to sleep early or late?
- Do you prefer to be physically active or rest on weekends?
- Do you prefer dates with your partner or going out in a group or a combination?
- How do you want to feel in a relationship?
- Which needs do you want a relationship to fulfill for you?
- Are you looking for companionship?
- What kind of communication are you looking for?
- Do you need emotional support?
- Are you looking for someone to help you financially?
- Do you want to live with someone or do you prefer not to?