



FINDING THE ONE

DATING SECRETS CHECKLIST



Everyone needs certain qualities in a partner in order to have a healthy relationship. These should be the givens in the person you want to spend your life with.

Thinking about your core beliefs and values, what are some things you will NOT compromise in a relationship?

- Does the person need to be loyal?
- Demonstrate integrity?
- Is honest?
- No intentions of doing harm?

In the space below, write down 5 NEEDS you absolutely REQUIRE in your life partner

1 _____

2 _____

3 _____

4 _____

5 _____

needs

DO I DEMONSTRATE THESE QUALITIES MYSELF?



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The next step is the "deserves part" and that is the HARDEST category to define because you have to be honest about yourself.

Take a look at your list of NEEDS and WANTS. As you read through each one, decide whether you demonstrate this quality.

If you do, check off on the right where the little box



Be AUTHENTIC. This is what you DESERVE now but it doesn't mean you don't deserve everything on your list.

For the qualities that you did not check, think of an action you could take to change yourself.

What can you do to bridge that gap?

What should you do NOW to start improving yourself so you can find the one?

Make sure the goals are SMART (Specific, Measurable, Achievable, Realistic and Timely)

GAP (UNCHECKED)

ACTION TO ADDRESS GAP

1	
2	
3	

deserves