





NEEDS

- ✓ Everyone needs similar qualities





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- ✓ Everyone needs *similar* qualities
- ✓ The *usual* suspects





NEEDS

- ✓ Everyone needs **similar qualities**
- ✓ The **usual suspects**
- ✓ **Everything good**



N E E D S

Everyone needs the same qualities in a partner in order to have a healthy relationship.

The usual suspects like loyalty, integrity, trustworthiness, a good heart
Basically, everything good and wholesome but the kitchen sink.



SELF-REFLECTION EXERCISE

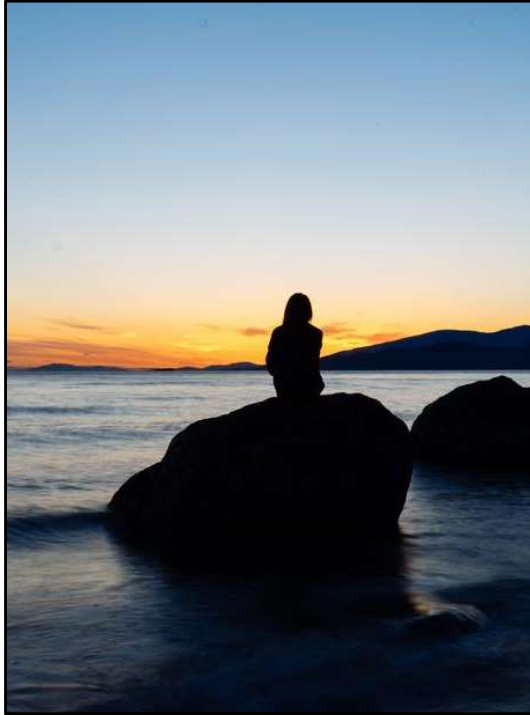




SELF-REFLECTION EXERCISE (5-10 MIN)

Think about your *values*





SELF-REFLECTION EXERCISE (5-10 MIN)

Think about your **values**

How can you determine what your **values** are?



Think about your values, what are some characteristics you absolutely need in someone?

How can you determine what your values are? Ask yourself, what brings you joy in life? What are things you cannot live without?

Examples involving money and frugality, family, honesty and trust, work life balance.

When you were growing up, what did your parents try and teach you? What makes a person good? What makes a person bad?

Think about your role models, why do you resonate with them? What do they believe in that makes you want to be like them?

Think about companies you admire. Maybe they're all about saving the environment, helping the community, being innovative, or dependable.

SELF-REFLECTION EXERCISE (5-10 MIN)

Think about your
values



Think about your values, what are some characteristics you absolutely need in someone?

How can you determine what your values are? Ask yourself, what brings you joy in life?

What are things you cannot live without?

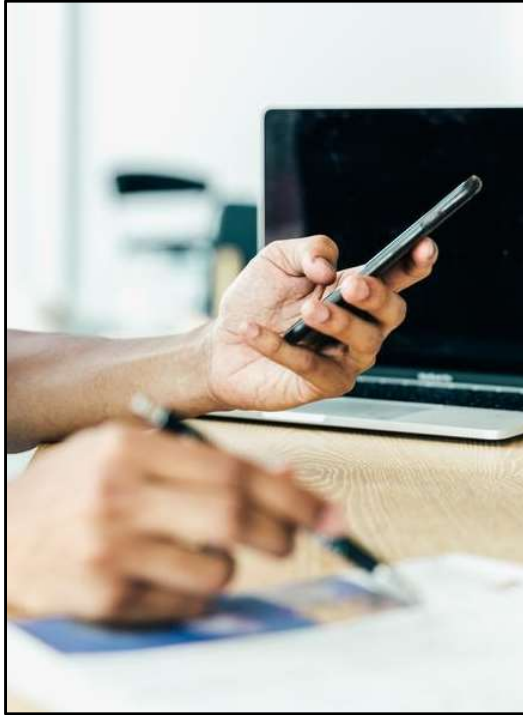
Examples involving money and frugality, family, honesty and trust, work life balance.

- 1 Trustworthiness
- 1 Responsibility
- 1 Determination
- 1 Spirituality
- 1 Self-Respect
- 1 Contribution
- 1 Authenticity
- 1 Recognition
- 1 Citizenship
- 1 Achievement
- 1 Friendships
- 1 Popularity
- 1 Meaningful
- 1 Leadership

1	Reputation
1	Compassion
1	Competency
1	Creativity
1	Knowledge
1	Stability
1	Challenge
1	Community
1	Adventure
1	Authority
1	Curiosity
1	Happiness
1	Influence
1	Optimism
1	Openness
1	Pleasure
1	Learning
1	Religion
1	Security
1	Kindness
1	Boldness
1	Autonomy
1	Fairness
1	Loyalty
1	Success
1	Service
1	Respect
1	Justice
1	Balance
1	Honesty
1	Harmony
1	Status
1	Wisdom
1	Wealth
1	Beauty
1	Growth
1	Peace
1	Poise
1	Humor
1	Inner
1	Faith
1	Work
1	Love
1	Fame

1

Fun



SELF-REFLECTION EXERCISE (5-10 MIN)

Think about your **values**

Reflect on your **moral compass**



How is your moral compass? Where do you stand when it comes to ethical issues (abortion, euthanasia, death penalty etc.)



SELF-REFLECTION EXERCISE (5-10 MIN)

Think about your **values**

Reflect on your **moral compass**



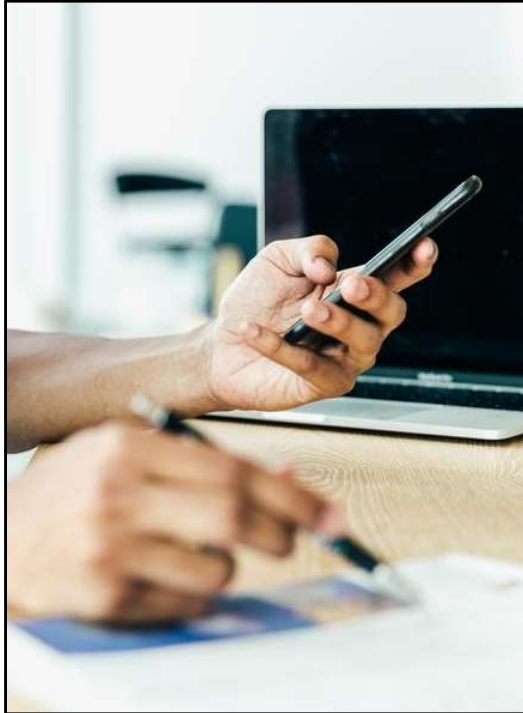
How is your moral compass? Where do you stand when it comes to ethical issues (abortion, euthanasia, death penalty etc.)

Imagine you are at a grocery store and after paying, you notice the cashier forgot to charge you for your deodorant. It's 10 bucks. Do you go back and let them know? Or do you pocket your deodorant?

What about white lies? Do you think it's okay to lie once in a while, especially when you feel it doesn't hurt anyone.

Dexter show

A classic example are vigilantes. Do you believe in eye for an eye? What about karma? Do you think if someone does something bad to you, something bad will happen to them? Swearing? Drug use? Addicts? Cheats? What are your thoughts around people who do those things?



SELF-REFLECTION EXERCISE (5-10 MIN)

Think about your **values**

Reflect on your **moral compass**

Religious and/or spiritual beliefs, if any?



N E E D S - S E L F - R E F L E C T I O N E X E R C I S E (5 - 1 0 M I N)

Think about your values, what are some characteristics you absolutely need in someone?

How is your moral compass? Where do you stand when it comes to ethical issues (abortion, euthanasia, death penalty etc.)

What are your religious and/or spiritual beliefs, if any? Would your partner have to share these beliefs?



SELF-REFLECTION EXERCISE (5-10 MIN)

Think about your **values**

Reflect on your **moral compass**

Religious and/or spiritual beliefs, if any?



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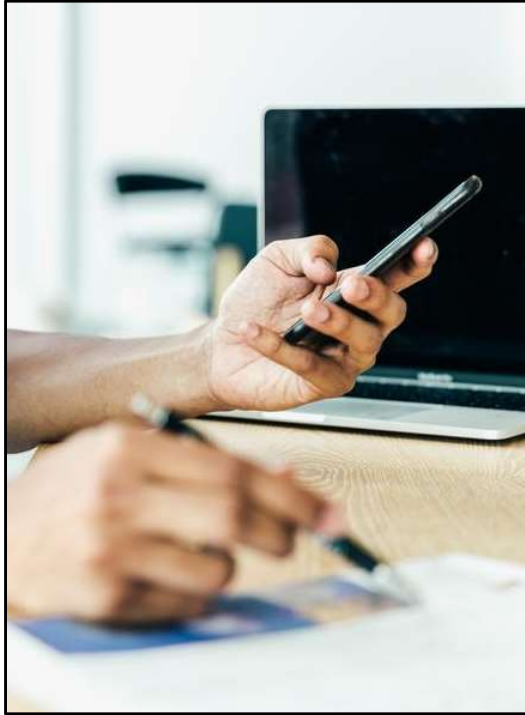
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What are your religious and/or spiritual beliefs, if any? Would your partner have to share these beliefs?

For example, if you're Catholic, do you believe in sex before marriage?

What about gay rights? What about contraception?

What about marriage? Would you want a church wedding? Do you want your partner to attend church with you every Sunday?

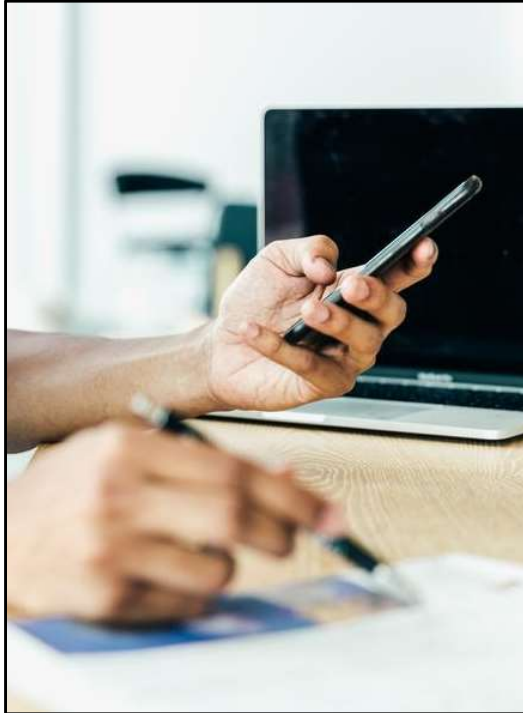


SELF-REFLECTION EXERCISE (5-10 MIN)

- Make a list of at least 5 qualities



Make a list of at least 5 qualities that you absolutely need in a life partner.

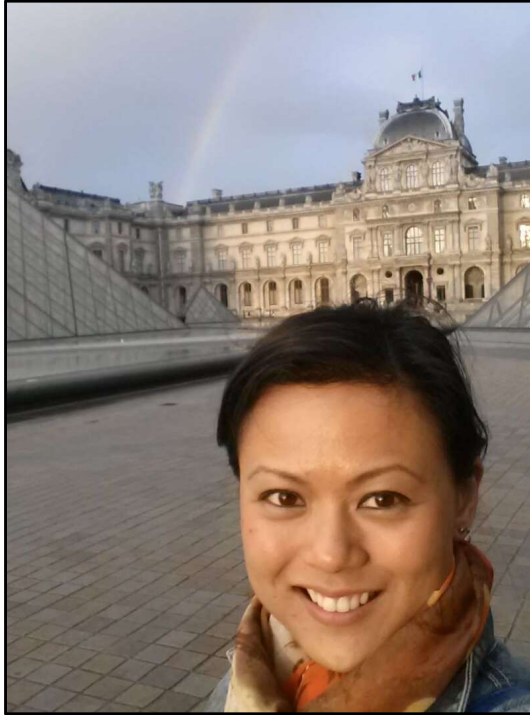


SELF-REFLECTION
EXERCISE (5-10 MIN)

- Make a list of at least 5 qualities

THESE ARE NON-
NEGOTIABLE!!!





*"They're not a
serial killer or
some twisted
soul who
enjoys the pain
of others"*

Not going down the 50 shades road okay?

