

## Free Checklist



1. Do you see being in a Relationship gives you freedom or is a Trap?
2. Do you need to be perfect, better, younger...to have a great Relationship?
3. Have you got Emotional Baggage that has prevented you connecting easily?
4. Are you willing to invest Time, energy, focus and attention on yourself first?
5. Are you willing to learn to communicate, listen, care enough to care?
6. Are you interested in how your loved ones want to be loved?
7. Are you Always in mediocre Relationships, fear being betrayed, short lived?
8. When you meet someone, do you take the time to discover you have things in common? Values about lifestyle, finances, cultural, spirituality, children, holidays, family traditions?
9. Do you discover how each of you will deal with life's challenges, and how you would support each other when one of you is down, help each other, support each other's Goals?
10. Do you have an expectation that an ideal match must give you a spark of chemistry when you meet, rather than getting to know each other and liking each other first?