

Relationship Readiness Quiz For Singles

To assess your readiness for a committed relationship, print this out or use a separate piece of paper, and rate yourself in each of the following ten areas. Try to be objective and honest with yourself. We recommend asking close friends and family members for their opinions as well.

Rating Scale: Rate each item on a scale from 0 to 10, with 10 being highest score.
8-10: **Good**; this area of my life is strong and would be an asset to my next relationship
5-7: **OK**; this area needs work, but most likely would not sabotage my next relationship
0-4: **Needs Work**; this area could interfere with the success of my next relationship

1. I know what I want

I have a clear vision for my life and relationship. I can envision my perfect life in rich detail that feels strong, very real, and keeps me motivated.

2. I know my requirements

I have a written list of at least ten non-negotiable requirements that I use for screening potential partners. I am clear that if any are missing, a relationship will not work for me.

3. I am happy and successful being single

I enjoy my life, my work, my family, my friends, and my own company. I am living the life that I want, and I am not seeking a relationship out of desperation and need.

4. I am ready and available for commitment

I have no emotional or legal baggage from a previous relationship. My schedule, commitments and lifestyle allow my availability to build a new relationship.

5. I am satisfied with my work/career

My work is fulfilling, supports my lifestyle, and does not interfere with my availability for a new relationship.

6. I am healthy in mind, body, and spirit

My physical, mental, or emotional health does not interfere with having the life and relationship that I want. I am reasonably happy and feel good.

7. My financial and legal business is handled

I have no financial or legal issues that would interfere with having the life and relationship that I want.

8. My family relationships are functional

My relationships with my children, ex, siblings, parents, and extended family do not interfere with having the life and relationship that I want.

9. I have effective dating skills

I initiate contact with people I want to meet, and disengage from people who are not a match for me. I keep my physical and emotional boundaries, and balance my heart with my head with potential partners.

10. I have effective relationship skills

I understand relationships, can maintain closeness and intimacy, communicate authentically and assertively, negotiate differences positively, allow myself to trust and be vulnerable, and can give and receive love without emotional barriers.

80-100: **Green light** ▶ You are well on your way to the life and relationship you really want.
50-79: **Yellow light** ▶ Continue to work on the areas needed and take it slow in relationships while doing so.
0-49: **RED LIGHT** ▶ Take a break from seeking a partner, focus on your life and prepare for the relationship that you want.

Self-Rating

Total Score

Ready for the life and relationship that you really want?

Check out our Conscious Dating

[*Relationship Success Training for Singles*](#)

Are You Ready for Love?

**Transcript of audio program with Frankie Doiron,
President of Relationship Coaching Networkk**

Welcome and thank you for joining this special bonus Conscious Dating Tele-seminar.

If you have not already done so, please print out the Relationship Readiness Quiz.

You can access this file by going to the bottom of the page at:

<http://www.consciousdating.com/rests.htm>

I'm Frankie Doiron, President of Relationship Coaching Network. My job is to creatively apply all the resources in our organization to help you have successful relationships. One of our newest services is offering Conscious Dating training programs directly to singles.

For more information please go to:

<http://www.consciousdating.com/rests.htm>

Tonight our Tele-Seminar is called **Are you Ready for Love?**

Tonight we are fortunate to have 2 guests – Patricia and Tom, both single, who will share their stories and experiences applying Conscious Dating to their dating lives. They have attended my workshops and can give you a first hand account of how their lives have changed because of that.

Tonight, as someone who has personally trained and coached hundreds of singles using David Steele's "Conscious Dating" principles I want to share my insights about how to clear all the obstacles in your path and find your way through that door to the most wonderful relationship of your life. And believe me when I say that every week I receive at least one email from one of my single clients who shares their relationship success story with me.

Getting into a Conscious Dating mindset is really a 2 step process. Step one, which is tonight's topic is all about getting Ready! Step 2 is about attracting your ideal mate. And frankly unless you are 'ready', you won't be able to attract your ideal partner.

I can hear some of you saying "Why do I need to Get Ready? I'm single...how much more ready can I be for a relationship?"

Well, let's talk about what it means to be ready and a good place to start is the Relationship Readiness Quiz for Singles that you downloaded before the call. For anyone who didn't get this document go to <http://www.consciousdating.com/readyconfirm.htm>

This Quiz has 10 questions that will help you ascertain your level of readiness for love...now I am not talking about short term love...passing the time love...I am talking about the **real deal**: a love that is deep, long lasting and fulfilling because both partners are compatible and share the same life vision and goals.

If that is the type of love you want...then you are on the right call!

Back to the Quiz...Rate your self using a scale of 0-10, with 10 being the highest score. Let's go through it one item at a time and at the end...score yourself for relationship readiness.

1. I know what I want -I have a clear vision for my life and relationship. I can envision my perfect life in rich detail that feels strong, very real, and keeps me motivated.

Do you know that most people don't have a life vision? In fact many people sleepwalk through life because they are so stressed and distracted that they actually shut down on an emotional level. They don't know what is really important in their lives...and because of that time escapes them...with one month rolling into another.

Do you have any idea how many single men and women I meet in their mid 40s who want to have children? And sadly most of them may never achieve this dream.

To me this is a big signal that something has gone awry. These are people, and you might be one of them...who have put their 'life' on the backburner...and for some of them it is too late.

It is no surprise that most of these terrific people are extremely successful in their work lives. Why wouldn't they be? That has been their major focus for the past 20 years or so...if their 'romantic life' had a 10th of the attention they gave to work, their situations would be very different.

So KNOW what you want. Figure it out. As far as I know we all only have one life for certain. Don't let half of it pass you by before you figure out what you want it to look like.

And even if you have...the good news is that what counts is what you do from here on in.

So be honest and score yourself.

2. I know my requirements - I have a written list of at least ten non-negotiable requirements that I use for screening potential partners. I am clear that if any are missing, a relationship will not work for me.

Boy...would I love to see a show of hands now!

What an innovative concept this is....imagine knowing what I want in a relationship...and being so crystal clear about it that if I met someone who didn't have even one of those non-negotiable requirements...it would be a deal breaker. I would end the relationship and move on.

I often get asked in my workshops...what about compromise? Isn't a relationship about compromise? So if a guy doesn't have all my requirements...maybe I need to cut him some slack. He's 'almost' what I want.

If you come away with only one gem tonight, please let it be this:

A requirement that is not met, will ultimately cause your relationship to fail. This is unequivocal.

Let me give you an example: A man wants to have children. He meets an amazing woman who meets all of his other requirements, but she is adamant that she doesn't like or want children. What does he do? Does he enter into a committed relationship with her hoping he can change her mind? Does he think...oh well...I have to compromise and pass up my dream vision for my life – one where I can enjoy time with my children, teach them values...have grandchildren...and so on?

In this example, if that man compromises this requirement, it will eventually come back to haunt him and he will regret the choice he made to be with this woman.

It won't be a pretty ending.

Compromise is something you do **after** you are in a long term committed relationship. It is part of the give and take of a loving and supportive relationship and it is NOT something a dating single should EVER contemplate!

Score yourself on this one. Do you have that all important list of your requirements and do you understand how you will deal with a situation that tests that list?

3. I am happy and successful being single -I enjoy my life, my work, my family, my friends, and my own company. I am living the life that I want, and I am not seeking a relationship out of desperation and need.

The more you live your life doing what you love to do...the more likelihood that you will connect with your life partner.

4. I am ready and available for commitment - I have no emotional or legal baggage from a previous relationship. My schedule, commitments and lifestyle allow my availability to build a new relationship.

Being ready and available for commitment includes cleaning up all the 'stuff' we carry around. Ask yourself: What do I want to change? What 'baggage' am I carrying that will hold me back from having the relationship I truly want? What behaviours do I need to modify?

What key areas of your life do you need to clean up before you will be ready for a relationship? Perhaps it's your financial situation, your health and fitness, or emotional or mental state – this is especially true if you suffer from low self esteem or depression.

How ready are you for commitment on a scale of 0-10?

5. I am satisfied with my work/career - My work is fulfilling, supports my lifestyle, and does not interfere with my availability for a new relationship.

Even though this is a 2 part question...it isn't a 2 part score. I suspect that many of you reading the first part of this question thought "oh great...finally I can score a 10!!...but did the second part lower your score?"

Does your work life take precedence over your life...do you live to work or do you work to live?

6. I am healthy in mind, body, and spirit -My physical, mental, or emotional health does not interfere with having the life and relationship that I want. I am reasonably happy and feel good.

If you are not healthy you won't feel great. So if you have issues that need to be dealt with...please do it! It is part of the getting ready process.

7. My financial and legal business is handled -I have no financial or legal issues that would interfere with having the life and relationship that I want.

Take care of your business - whatever it is. If you are in the middle of a bankruptcy...this isn't the time to be looking for a new love because your head won't be into it. If you are separated or in the process of divorce...take the time you need to recuperate and get back into emotional balance and health.

Give yourself permission to recognize you may not be ready and allow yourself the time you need to get ready.

8. My family relationships are functional -My relationships with my children, ex, siblings, parents, and extended family do not interfere with having the life and relationship that I want.

Are you surrounded by happy, helpful, supportive people...or is their strife and tension in your relationships? If relations are not good, what can you do to change them? What are the attitudes or behaviours that require modification?

9. I have effective dating skills - I initiate contact with people I want to meet, and disengage from people who are not a match for me. I keep my physical and emotional boundaries, and balance my heart with my head with potential partners.

Most people find it difficult to engage strangers and this is especially true for many men who are afraid of being shot down. Many people don't know how to keep physical and emotional boundaries...they give too much too soon, with unfortunate results.

As for balancing my head with my heart.....how do you get into a place of balance when you are attracted and infatuated with someone? Most people don't and that's why they come out the other end chewed up and disappointed by love.

The only sure way to navigate the mega doses of hormones are racing through your system is by staying on track with your requirements. That is the best chance anyone has to make good relationship choices....the process is called “Conscious” Dating for a reason!

10. I have effective relationship skills - I understand relationships, can maintain closeness and intimacy, communicate authentically and assertively, negotiate differences positively, allow myself to trust and be vulnerable, and can give and receive love without emotional barriers.

Most people don't have great relationship skills. And if you think about it...why would we? No one ever gave us a roadmap. We didn't learn these things in school. But if you truly want to find the love of your life...isn't it time to do what you need to do...learn the skills you need to build and sustain a great love relationship? Because you know...it doesn't just happen. We need skills and tools and great relationships take effort...but boy...are they worth it!

Just like there are job and sports related skills, there are dating and relationships skills that singles need to acquire in order to be successful.

So add up your scores!

If you score 49 points or less....you need to do some work if you are serious about finding your love match.

If you scored between 50 and 70...there is still some work you need to do to become ready for the love of your life.

And if you scored between 80 and 100...well you have obviously taken the time, put in the effort to realize a goal that is very important to you...and I have no doubt you will achieve it.

If your score is low – then this is a wake up call for you. And I would be surprised if anyone on the call scored over 80. No matter how ready you thought you were half an hour ago, I suspect a number of you are reconsidering that point of view.

And I will tell you that until you are ready, you will not be able to attract the partner you truly want and deserve.

But I will tell you some good news: every one of my clients who took this Quiz again after participating in a Conscious Dating training program, had a score above 80.

David and I believe that everyone deserves to have the love they desire. And we know from our experiences as coaches and trainers that your best chance of being successful in finding that love is to have the opportunity of being guided through the process of getting ready.

David's book, Conscious Dating delivers the principles beautifully, but if you are tired of being single and are struggling with some of the points we just finished discussingthen take your learning to the next level. Participating in a Conscious Dating training program is a life altering experience.

I 'd like to ask our two guests Patricia and Tom to share their own experiences. Both have attended my Conscious Dating workshops, each have made tremendous strides in self-awareness and confidence...but I'll let them tell their own stories and particularly what they found to be their biggest take away – something that changed their lives....

(Patricia and Tom share their stories)

You might also be interested in Jeanette Ball's story. You can read about how Conscious Dating changed her life at :

<http://www.consciousdating.com/jeannedavid.htm>

Conclusion

If you have read David Steele's book: **Conscious Dating: Finding the Love of Your Life in Today's World**, you'll appreciate that the concepts and principles are as innovative as they are simple. I am often reminded of that old commercial for a veggie drink, where the actor slaps his forehead in that 'eureka' moment. Because after you have been introduced to "Conscious Dating" there is a moment of realization that...wow...why didn't I think of this before! Duh!

But knowing something...is still a long way from **doing!** And if we don't take action to **do**...we may as well forget that we know! Conscious Dating is a doorway that can lead you to finding an extraordinary love. Many of you see the door is open...the question is...will you take action and step through it?

Understanding how adults learn gives us insights into why many may have difficulty walking through this figurative door.

1. Adults tend to prefer self-direction. That means we want to participate in the process of inquiry, analysis, and decision-making rather than just **receiving** knowledge.
2. Adults learn and retain information more easily if they can relate it to their past experiences. Sharing those experiences through discussions, problem solving exercises or an analysis of those experiences helps anchor the learning process.
3. Adults are aware of specific learning needs generated by real-life events. In other words...we know what we need to learn and we know what we don't know!
4. Adults are competency-based learners, meaning that we want to learn a skill or acquire knowledge that we can apply to our immediate circumstances. We learn through practical application of theory. Asking, how can this new learning work for me?

So how we learn as adults, tells us a great deal about why, when we read about these great concepts, like Conscious Dating, we have difficulty translating that knowledge into our daily lives and really living it.

In my experience the best way to incorporate Conscious Dating into your life so that you **actually apply** the concepts to finding your soul mate, is to be guided through a structured program: One that engages you to participate and gives you an opportunity to share with other singles.

Before we open it up to questions I'd like to remind everyone that you can download the MP3 of this seminar for free. <http://www.consciousdating.com/rests.htm> The recording should be available on Monday.

I also invite you to participate in our 4-week 'Conscious Dating Training for Singles' Tele-program beginning Tuesday, February 20th. You can go to <http://www.consciousdating.com/rests.htm> for more information and to register. We still have some spots left.

I will be the course leader and am very excited about offering this program to you. It will be a great experience and will put you on the fast track to finding the love of your life.

Conscious Dating

Relationship Success Training for Singles

4-Week Tele-Program

Dates and Times: See <http://www.consciousdating.com/rests.htm>

Place: By telephone from the comfort of your home or office

Yes!! This can be the year you find your soul mate. But it's up to you to take action now to enhance your chances of success.

This 4 week Tele-Seminar program will help you:

- Assess your level of relationship readiness
- Remove blocks that could sabotage your relationships
- Define your life vision, values and non-negotiable relationship requirements that will ensure life partner compatibility
- Understand the different types of dating traps and how they can prevent you from finding your dream relationship
- Select a partner who is genuinely aligned with who you are and what you want in life
- Dramatically increase your self-esteem, attractiveness and confidence when meeting potential mates
- Become the 'chooser' in dating situations, forever eliminating fear of rejection
- Say 'yes' to what you truly want and 'no' to what you don't want
- Avoid making poor relationship choices

This 4-week Tele-Program focuses on helping you become ready for and attract your soul mate. You will be guided through the important steps of learning the skills and tools needed to find your life partner and create a successful and fulfilling committed relationship.

Training manual and materials will be provided prior to Tele-Class start date.



Program Leader:

Frankie Doiron, President of Relationship Coaching Network

Frankie is an RCI certified Master Relationship Coach who has worked with hundreds of singles and has led many successful Conscious Dating Tele-classes and workshops. She is committed to helping you connect with your Life Partner and have healthy, intimate and fulfilling relationships.

Participation is limited so register NOW!

<http://www.consciousdating.com/rests.htm>



Your satisfaction is 100% guaranteed and you will receive a full refund if you are not satisfied that you received the best value possible.

Here's what participant M.V. from Seattle, WA has to say about this program-

"Conscious Dating is a course I believe would benefit any single person who would like to have a high-quality, long-term relationship and who is open to improving their own quality of life all-around. That's a strong statement, but it's true.

This program is designed to put solid structure to a person's search for their mate by:

- Clarifying who you are and what makes you tick
- Clarifying what is important to you in your own life.
- Creating goals to accomplish those things.
- Clarifying what is important to you in your partner.
- Developing strategies to find your partner.
- Supporting you in achieving your life goals.

This program is structured around a valuable workbook that has assignments for you to complete. Each week everyone has the opportunity to share their work and what they have learned in a supportive environment. It's helpful to hear what other people are going through and you help others with your sharing. My workbook has become something special that I keep referring to even now, after the program. I completed the program with valuable insights, new tools, and with a much deeper feeling of "connectedness" and confidence with those around me in general.

This program could cost twice as much as it does and still be a great bargain. I hope this has given you a good overview of the program. I highly recommend Conscious Dating and I hope you will decide to participate, I'm sure you will enjoy it and benefit."

~M. V., Seattle, WA

"I am completely enjoying, applying, and achieving good results from what I'm learning in Conscious Dating. You and your team are wizards in relationships and true gifts to us singles in today's world."

~Susan Race, Exton, PA

**You have NOTHING to lose and EVERYTHING to gain,
we guarantee it!**

Register now at <http://www.consciousdating.com/rests.htm>