

50 Characteristics

<i>Humorous</i>	<i>Age</i>
<i>Sensitive/Considerate</i>	<i>Tall/Short</i>
<i>Understanding</i>	<i>Blonde/Brunette</i>
<i>Open minded</i>	<i>Hairy</i>
<i>Communicative</i>	<i>Skinny/Heavy</i>
<i>Goal oriented</i>	<i>Blue/Grn/Brn Eyes</i>
<i>Morals/Values</i>	<i>Kind/Caring</i>
<i>Positive attitude</i>	<i>Secure</i>
<i>Charming</i>	<i>Sexual</i>
<i>Financially secure</i>	<i>Romantic/Nasty</i>
<i>Outgoing/Extroverted</i>	<i>Passionate</i>
<i>Athletic/Physically fit</i>	<i>Generous</i>
<i>Health conscious</i>	<i>Independent</i>
<i>Honest</i>	<i>Drug-free</i>
<i>Loyal/Monogamous</i>	<i>Non-smoker</i>
<i>Integrity</i>	<i>Cleanliness</i>
<i>Handsome/Pretty</i>	<i>Personal hygiene</i>
<i>Dress' well</i>	<i>Great cook</i>
<i>Religion</i>	<i>Interests</i>
<i>Family oriented</i>	<i>Organized</i>
<i>Been married or not</i>	<i>Sexually safe</i>
<i>Has kids</i>	<i>Spontaneous</i>
<i>Worldly</i>	<i>Educated</i>

Circle 20 traits that you desire in a mate. Of those 20, write out 10 on a separate sheet or on the back. Then, PRIORITIZE those 10 traits from 1 being most important to 10 being of lesser importance. The top 3 traits are the ones you must have in a relationship. These are your deal-breakers, or non-negotiables!

These top three are your utmost highest intrinsic values. I have found that when we give up higher priorities to others further down on the list we sacrifice who we truly are to become. Using your 10 values as a template for your wants, desires and needs, this guide will give you a better understanding and awareness when CHOOSING a prospective date/spouse the next time you go shopping, with less delusions. It's like going grocery shopping without a list... everything looks good!!

Or if you are presently in a relationship, this will help you focus on what is most important to both of you RIGHT NOW in the relationship!

*Remember: As my grandfather used to say about my grandmother -
"Always be dating! - Have FUN!"*