



# Meeting Your Match

*Cracking the code to successful relationships*

## **MYM Worksheet 17** ***Reviewing your progress***

What are your top five needs?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are your five most important values?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are the strengths, gifts and talents you bring to the table?

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What can your future partner reasonably expect from you? Or not expect from you?

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***Jackie Black, Ph.D., Relationship Expert, Author and Coach***

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Now that you have come so far, what changes would you like to make?

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What new awareness, recognition, belief or understanding would you like to integrate into your thinking?

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What behaviors would you like to include, eliminate, change, modify or stop?

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What are three "wants" that would be the icing on the cake?

1. 

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2. 

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3. 

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Consider what you know about your own temperament. Are there any temperaments that are no longer as attractive to you as they might have been before you did all this personal work; or more attractive or desirable now?

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Consider what you know about personality and character traits – yours and your ideal partner’s. Are there any personality or character traits that are no longer as attractive to you as they might have been before you did all this personal work; or more attractive or desirable now?

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Consider what you know about your unacceptable/non-negotiable behaviors, attitudes, habits, and preferences. Are there any additional unacceptable/non-negotiable behaviors, attitudes, habits, preferences that you are aware of since doing all this personal work? Are there any unacceptable/non-negotiable behaviors, attitudes, habits, preferences that are no longer unacceptable/non-negotiable?

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