



Heart2Heart Check-Up

The Four Key Ingredients to Finding Love

Complete this quick self-perception profile so you can learn more about yourself and understand what may be keeping you from finding the love you've been dreaming of. It's separated into the four key ingredients to help you determine which area you may be struggling with the most.

This is a snapshot of where you are today, not where you'll always be. So be kind to yourself. Be honest but don't dwell on any question too long. Your first thought is often your best thought. Feel free to print two copies so you can save one for later. You'll be amazed at the positive changes you'll make when you set your positive intention to find love.

Key Ingredient One: A Positive Mindset (_____ Tally)

- 1) I pay attention to my needs and wants along with my dates'.
 A. Always B. Usually C. Sometimes D. Rarely E. Never

- 2) I graciously accept compliments from others.
 A. Always B. Usually C. Sometimes D. Rarely E. Never

- 3) I'm happy with how I look and dress.
 A. Always B. Usually C. Sometimes D. Rarely E. Never

- 4) I feel shy and self-conscious around attractive people.
 A. Never B. Hardly Ever C. Sometimes D. Usually E. Always

- 5) I believe any man would be lucky to have me in his life, even if he is handsome and successful.
 A. Always B. Usually C. Sometimes D. Rarely E. Hardly ever

Key Ingredient Two: An Open Heart Set (_____ Tally)

- 1) I believe I can be happy without a life partner.
 A. Always B. Usually C. Sometimes D. Rarely E. Never

- 2) I'm not in a relationship now because:
 A. I haven't found the right person yet B. I don't know where to start C. All men want is sex D. I'm too old for love
 E. All the good guys are married

- 3) When I see a single woman in a good relationship I think:
 A. Love is out there for me too B. I need to be more proactive C. It will be if it's meant to be D. I'm not sure I want a man
 E. She got lucky

- 4) I tell myself "I'll never find someone special."
 A. Never B. Hardly Ever C. Sometimes D. Usually E. Always

- 5) My heart is open and ready for love.
 A. Absolutely B. I'm pretty sure it is C. It could be if I met someone D. Maybe a little E. No, it hurts to hope

Key Ingredient Three: A Strong Skill Set (_____ Tally)

- 1) I know my must-haves, deal breakers, and boundaries.
 A. Absolutely B. I'm pretty sure C. I've thought about it D. I didn't know that was necessary E. I'm not sure what these are

- 2) I find it easy to write and talk about myself in a positive way.
 A. Always B. Usually C. Sometimes D. Rarely E. Never

- 3) I feel comfortable being a little flirty.
 A. Yes, I think it's fun B. Yes, if he starts flirting first C. I'm a little shy but can flirt if I have a drink D. Flirting makes me feel awkward, so I don't do it E. I don't know how

- 4) I'm strike up conversations with men I don't know when I'm out socially and/or running errands.
 A. Always B. Usually I do C. Sometimes I will D. Every now and then E. I could never do that

- 5) I feel confident I know how to say "Yes, I'm interested" and "No, I'm not."
 A. Always B. Usually C. Sometimes D. Rarely E. Never

Key Ingredient Four: Taking Romantic Action (_____ Tally)

- 1) I get out of the house to mix and mingle socially on a regular basis.
 A. Always B. Usually C. Sometimes D. Rarely E. Never

- 2) I'll know how to start a conversation with a man online and in real life.
 A. Always B. Usually C. Sometimes D. Rarely E. Never, it's always hard for me to know what to say

- 3) I'm open about dating and ask people for introductions.
 A. Yes, everyone knows I'm dating B. I only talk to my best friends C. I would if I knew how
 D. I haven't asked, but I know my friend don't know anyone E. I could never do that

- 4) I have a dating profile up on at least one paid dating site.
 A. Yes, I'm on at least one paid site B. I'm only on free sites C. My profile isn't quite ready D. I'm not sure online dating is for me
 E. There's no way I could date online

- 5) I'm comfortable having conversations with men I date about relationships, intimacy, and sexual health.
 A. Always B. Usually C. Sometimes D. Rarely E. Never