



www.higherbeingevolution.com

Be each to your own, with passion and awareness of self and others

“Spread love everywhere you go. Let no one ever come to you without leaving happier.”
– Mother Theresa

Editor's Note

As with all new relationships, an introduction is the order of protocol to be first observed. This introduction about myself applies to all those that may know me, know of me and not know me at all. As human beings, we are constantly evolving and we may now and then, need to re-introduce our evolved versions of ourselves to those around us. My name is Tsholofelo (Kitsa) Mngxali and I have a passion for human development in its various forms.

I will be creating a safe space to share information and also learn from you about all things' relationships. Relationships with self, with family, with friends and with the romantic others. As long as we are still on this earth, no human being is an island, we all need each other in some way, and we grow **from and through** each other.

I will also be sharing matters about myself and my talking to you about my past is for you to understand who I am, it is not for you to judge me or to feel sorry for me. I am doing this because I am passionate about human development in various forms. Am I ready for this journey I am embarking on? Not 100% but they do say, “ready is late, do it scared!”

As I open myself up to the world, I would like to encourage a safe space for engaging, positive criticism, love and laughter! They say even at a funeral, there is always space for laughter, so please allow me to take a humorous stab and approach to all relationships now and then! This life is meant for living and not constantly grieving and being stressed out!

I am proud to publish my first monthly newsletter under my organisation called 'Higher Being Evolution'. In this month's newsletter, we explore the romantic relationship in depth and there is a resource to help you navigate some aspects of this.

Love and light,

Tsholofelo Mngxali

Relationship Coach

Tsholofelo Mngxali



www.higherbeingevolution.com

Be each to your own, with passion and awareness of self and others

Resource Corner

What in the world is a dating questionnaire you may be asking yourself! We already have enough questionnaires at school and the doctor's rooms! Trust me, **THIS** questionnaire is a must for everyone. Whether you're in a relationship, or not and whether you may be doing some much-needed introspection before entering a new relationship or exiting a relationship.


I have realised that we often leave it up to chance to discover the person we are with -romantically. We wait upon certain life situations that will reveal a person's other character traits and life intentions and this should not be the case. We also wait until the very last minute to ask so very basic yet crucial questions on various matters – we cannot be waiting for the marriage preparation classes to help us explore some matters with our partners. One needs to take it upon themselves to initiate these conversations. When the perfect timing is for doing that? It's entirely up to an individuals, but sooner rather than later is best!

Now, how can you explore the dating questionnaire? I have compiled some questions to guide you and each person will have their own response, however the intention is to create alignment with self and one's partner. Once you are clear on what you want in a partner, what kind of a partner you want to be and how you need your relationship to flow and grow, it will certainly help in getting the conversation started with your significant other. These questions will apply to blended families, non- blended families, those with and without children as well. Essentially, they are for all lovers across all races and cultures and one needs to select the questions they feel are more applicable to their relationship and life's goals.

Okay, here we go lovers and friends! In no order of importance because they are ALL important and relevant in some way both good and uncomfortable:

1. What kind of a partner do I want?
2. What kind of a partner will I show up as?
3. What are my deal breakers? It's important to identify these because boundaries are just as necessary with the ones we love.
4. What are my pet hates?

Tsholofelo Mngxali




www.higherbeingevolution.com

Be each to your own, with passion and awareness of self and others

5. What are my bad habits? In as much as we try to improve and develop ourselves, we all have those icky sticky habits that make us who we are. We just need to own up to these and acknowledge them. To others it's something like "I hate doing the ironing." "I always leave dishes in the sink." And so, the list goes on friends. Let's link this with what are my weaknesses.
6. What are my strengths?
7. What traumas am I bringing from a previous relationship?
8. What traumas am I bringing from my childhood?
9. What kind of a parent do I strive to become? Do I even desire to be a parent?
10. Am I coming into the relationship with or without kids? What kind of a parent am I? Being present and consistent as a parent is an important observation to make about oneself AND their significant other.
11. Does my partner have children? What kind of a parent are they?
12. Am I capable of loving someone else's child?
13. What does support look like for me in a relationship?
14. What is my love language?
15. How spiritually inclined am I? Or religious? And how do I need my partner to meet me with regards to this?
16. How traditional am I and how do I apply this to my relationship?
17. Do I want an exclusive or open relationship?
18. Do I want long term commitment or a short-term fling? I believe we are all familiar with the term of situationships'.

I will leave that bit right there because that is a topic for another day!

Tsholofelo Mngxali



www.higherbeingevolution.com

Be each to your own, with passion and awareness of self and others

19. Am I over my ex? Is there a possibility that I could fall for them again, or have I made peace and moved on? These lurking questions can certainly haunt a relationship and bring devastation if not dealt with and confronted appropriately.
20. What do I understand or expect on gender roles in the home, if any?
21. What are my career ambitions? This will impact the family structure and home culture.
22. What are my side hustle ambitions? If any.
23. What traditions do I want for my family?
24. What traditions do I want with my partner?
25. Am I able to face up to my family and friends and defend my partner and our relationship?
26. What do my finances look like?
27. What is my family's and self's physical and mental health history?
28. How will I navigate falling out of romantic love with my partner? Do remember that even relationships evolve and go through different seasons.
29. What family dynamics do we need to share with each other? Whether or not your families support your relationship or not, it does have some sort of impact either way and that can make or break you as a couple.
30. What kind of a person would I describe myself as? How do I recharge and connect with those I value?

30 Dating questions seems like a reasonable start my friends, and the list is endless really...let us all take time to reflect on these and provide our own thought-out responses before we even direct this to a partner. All's fair in love and hopefully not a war!

Tsholofelo Mngxali



www.higherbeingevolution.com

Be each to your own, with passion and awareness of self and others

Industry Events

Please save the date for the next 'Mindfulness in Relationships' wellness session that I will be co-hosting with Mindset Coach, Viwe Gxwala.

The theme will be: 'Letting Go'

Date: 06 April 2024

Investment fee: R550pp

Time: 10:30am – 3pm

Venue: Rivers at Art, Farm House in Eikenhoff, Johannesburg

What better time to start your self love journey on a clean slate! Let go of the old versions of yourself that no longer serve you and welcome the newly evolved you!

Please be sure to keep in touch and follow on the socials!



Tsholofelo Mngxali