

## Take the 'Journey to Love' Quiz

**This love quiz is a tool designed to give you insight to various objectives that will guide you to attracting your ideal partner and having a loving and lasting relationship.**

Relax with this process and realize you are giving yourself valuable information about you, that you can utilize more growth in achieving the relationship of your dreams.

Complete the quiz using the form below.

1. For every statement that applies true to you give yourself one point. Be honest – this is for your benefit – no one is judging you; each statement is either true or false – don't spend a lot of time thinking about it. (You can always take the quiz again after you have worked on some of your objectives.)
2. Total your score at the end of the quiz.
3. Read the interpretation of your score at the end of the quiz.

Relationship History	
	I have written a clear account of what didn't work in my parents' marriage.
	I have written a clear account of what didn't work in each of my prime past relationships.
	I have compared the two above accounts and can see how my relationship patterns developed.
	I have a clear list of the qualities and the negative traits of my past partners.
	I recognize this is the type of partners I tend to attract.
	I recognize my past dating and relationship behavior patterns.
	I recognize how I have developed my relationship patterns.
	I have listed five to ten ways my relationship patterns benefit me.
	I have listed five to ten ways my relationship patterns cost me.
	I am clear about my past relationship patterns and what hasn't worked for me.

Letting Go of the Past	
	I understand my father did the best he could.
	I have forgiven my father.
	I understand my mother did the best she could.
	I have forgiven my mother.
	I understand that each of my past relationship partners did the best he/she could.
	I have forgiven each of my past relationship partners.
	I have released each of my past relationship partners to their highest good and wellbeing.
	I hold no grievances to the opposite gender.
	I honor my brother/sisterhood and do not compete with my same gender.
	I have forgiven myself for my past dating and relationship mistakes.
Needs	
	I acknowledge that I have needs and the importance of getting them met.
	I acknowledge that everyone has needs and it's important that they get their needs met.
	I have a clear list of what my current needs are.
	I know not any "one" person can meet all my needs, especially someone I'm just getting to know.
	I take full responsibility for getting my needs met in a healthy manner.
	I no longer need to be in a relationship in order to have my needs be met.
	I have caring and supportive friends that help meet some of my needs.
	I practice lots of good self-care whenever I feel needy.
	I always take excellent care of myself.
	I have a list of things I can do for myself that gives me pleasure.

Safe Boundaries	
	I acknowledge that it is vital for me to have safe boundaries for my self-care.
	I know when to say "no" and I do, and I stick to it.
	I have a written list of what my boundaries are.
	I reassess and add to my boundaries as necessary.
	I gently and effectively inform people about my boundaries.
	I make clear statements when setting my boundaries with others.
	I know how to deal with people who cross my boundaries.
	I believe I am being supportive of others and myself when I set boundaries.
	I honor and respect others' boundaries.
	I am the most valuable person in my life.
Personal Care	
	I have excellent daily hygiene including flossing.
	I generally eat healthy and wise.
	I maintain an average healthy weight for my height.
	I have an exercise program that I do on a regular basis.
	I am a non-smoker.
	I am not addicted nor do I abuse alcohol or drugs.
	I keep my clothing, bedding, and towels clean and fresh, and I live in a clean environment.
	I put forth effort to look and dress my best when going out in public.
	I set and keep regular appointments for proper grooming, such as, hairstylist and manicurist.
	I set and keep regular appointments with health care professionals and whenever I am suspicious or concerned about a health issue I take care of it right away.

Emotional Vitality	
	I am self- loving.
	I can often laugh at myself.
	I laugh at the silly things in life.
	I enjoy spending some time alone.
	I live in a peaceful and healthy environment.
	I am truly happy and living a fulfilled life.
	I have forgiven myself for any past mistakes.
	I know what my good traits and characteristics are and I honor them.
	I take responsibility for my choices and do not blame others.
	I acknowledge all of my accomplishments with a sense of pride.
Inner Spirituality and Faith	
	I am connected to some form of Higher Power.
	I acknowledge my spiritual roots and the growth of where I am today.
	I take quiet time for inner spiritual growth.
	I can discern intuition from other thoughts and feelings.
	I honor and trust my intuition above all else.
	I am true to myself in my faith and spirituality.
	I respect and do not try to change others' faith or spiritual beliefs.
	I trust that my greater good and growth are always evolving in my life.
	I trust when the time is right my ideal partner and I will enter each other's life.
	I trust that as long as I am taking growth steps, a good relationship is inevitable.
Life Quest	

	I have a vision of how I want my life to be.
	I know how I best contribute to others.
	I am in the process of creating and doing my life passion.
	I know my life purpose and the legacy I want to leave behind.
	I do what creates my heart and soul to sing.
	I have a vision of how I want to live and where.
	I live a well-balanced life.
	I make goals and stick to them until they are accomplished.
	I continue to learn through a variety of modalities.
	I surround myself with supportive people who believe in me.
<b>Financial Stability</b>	
	I live within my means.
	I am not addicted to or abuse gambling.
	I pay my bills on time and without having late charge fees.
	I keep my checkbook and accounts updated and in order.
	I live debt free or have a plan in place to achieve it.
	I do not let my emotions make my financial decisions.
	I have a savings plan in place for my future and contribute to it regularly.
	I regularly contribute to a charity or worthy cause.
	I have money for fun, entertainment, hobbies and travel.
	I keep a positive vision and vibration for my financial stability now and for my future.
<b>Social Life</b>	
	I choose to participate in activities that I enjoy and that give me pleasure.

	I choose some activities because they will stretch me in a new direction.
	I do not choose activities for the sole purpose of finding a partner.
	I put my best foot forward and stay true to myself.
	I smile often, make eye contact, walk and stand with confidence.
	I have loving and supportive friends that I enjoy having fun with.
	I keep myself open to meeting new people wherever I go.
	I do volunteer work to help others in need and my community.
	I never use money, power or sexuality as a way to attract partners.
	I am respectful and kind to everyone.
<b>Dating Skills</b>	
	I am a women and I give men the space to pursue and court me.
	I am a man and I feel comfortable initiating the first steps in dating.
	I get to know a person slowly over time.
	I continue my full life and stay connected to my supportive friends while I am dating.
	I keep my boundaries at all times, and can comfortably communicate this to my date.
	I am clear on how I do and don't want to be treated and communicate this to my date.
	I have fun and enjoy the dating process.
	I am no longer willing to continue to date someone that is not an appropriate potential partner.
	I avoid sexual foreplay early in the dating process.
	I wait until I am in a committed relationship to have sex.
	I am true to myself at all times in the dating process and openly express my needs.

Ideal Partner	
	I have dropped all expectations of another that I don't expect of myself.
	I have a list of 10 absolute qualities that I must have in a partner.
	I am not willing to negotiate on the qualities most important to me.
	I have a list of 10 deal-breakers that I cannot tolerate from a partner.
	I see people for who they are and not who I want them to be.
	I attract kind people, who are good for me.
	I am open to dating a person who is different than my typical "type."
	I am clear about attracting an available partner that is ready for a relationship.
	I am clear about attracting a compatible partner, so both of our needs are meet.
	I am clear about attracting a partner who would like to grow with me in a relationship.
Relationship Ready Skills	
	I am emotionally and physically available and ready for a relationship.
	I have listed what is important to me living day-to-day in a relationship with a partner.
	I am open and willing to value my partners needs and request.
	I have a list of what I need from my partner in order to thrive in a relationship.
	I clearly know what I cannot live without in a relationship.
	I desire and I am ready to be in a process of growth with a partner.
	I am clear on what the worst thing(s) a partner could do to me in a relationship.
	I am continually growing and improving my communication and relationship skills.
	I am no longer willing to stay in a relationship if I am devalued or disrespected.

	I realize that love does not happen instantly and true love grows deeper over time.
<input type="checkbox"/>	<b>Total Score</b>

## Interpreting Your Love Quiz Score

The closer you score is to 131 points, the more likely you are to attracting your ideal partner and building a lasting and loving relationship. Think of your unmarked quiz statements as action steps that you can work through in your Journey to Love Workbook. After you have completed your Workbook see how many more statements you can mark with a firm "true."

### 90 to 131 Points

Chances are very good that you have the ability to easily attract your ideal partner. In fact, you may already be in a loving relationship and desire to build your relationship skills. You will get even clearer with your objectives after completing the Journey to Love Workbook.

### 50 to 89 Points

Some of the time you may be feeling good about the opposite sex and dating. Other times you may feel something is still holding you back from having the relationship of your dreams. It is possible you still believe in love at first sight and great chemistry is the main things that make a good relationship. You may not yet be clear on your own safe boundaries and exactly what you want from a partner and a relationship. By completing the Journey to Love Workbook and consider scheduling Relationship Skill Building sessions will assist guiding you to your ideal partner and the relationship you desire.

### 0 to 49 Points

You may be feeling very frustrated with dating and your experiences with relationships. Do not despair -- right now get busy with the Journey to Love Workbook and schedule your Relationship Skill Building sessions to bring you closer to your dreams.