

IDEAL PARTNER WORKSHEET

Define the Qualities You Seek in
an Ideal Partner



Ideal Partner Worksheet

Knowing what you're looking for in a partner helps you recognize compatibility and focus on meaningful connections. Use this worksheet to clarify the traits, values, and qualities you desire in a relationship.

Step 1: Identify Key Qualities

Write down traits or qualities you value in a partner under the following categories:

- **Emotional Qualities:**
 1. *Examples:* Kindness, empathy, sense of humor.
 2. My preferences: _____
 - **Lifestyle Preferences:**
 1. *Examples:* Active lifestyle, enjoys traveling, financially responsible.
 2. My preferences: _____
 - **Core Values:**
 1. *Examples:* Loyalty, ambition, family-oriented.
 2. My preferences: _____
 - **Relationship Goals:**
 1. *Examples:* Seeking a long-term relationship, open to marriage.
 2. My preferences: _____
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Step 2: Your Deal-Breakers

List 3–5 deal-breakers that are non-negotiable:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
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Step 3: Your Action Plan

Reflect on how you'll use this clarity in dating:

- How will you assess compatibility with potential partners?
 - What qualities will you prioritize when considering someone new?
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