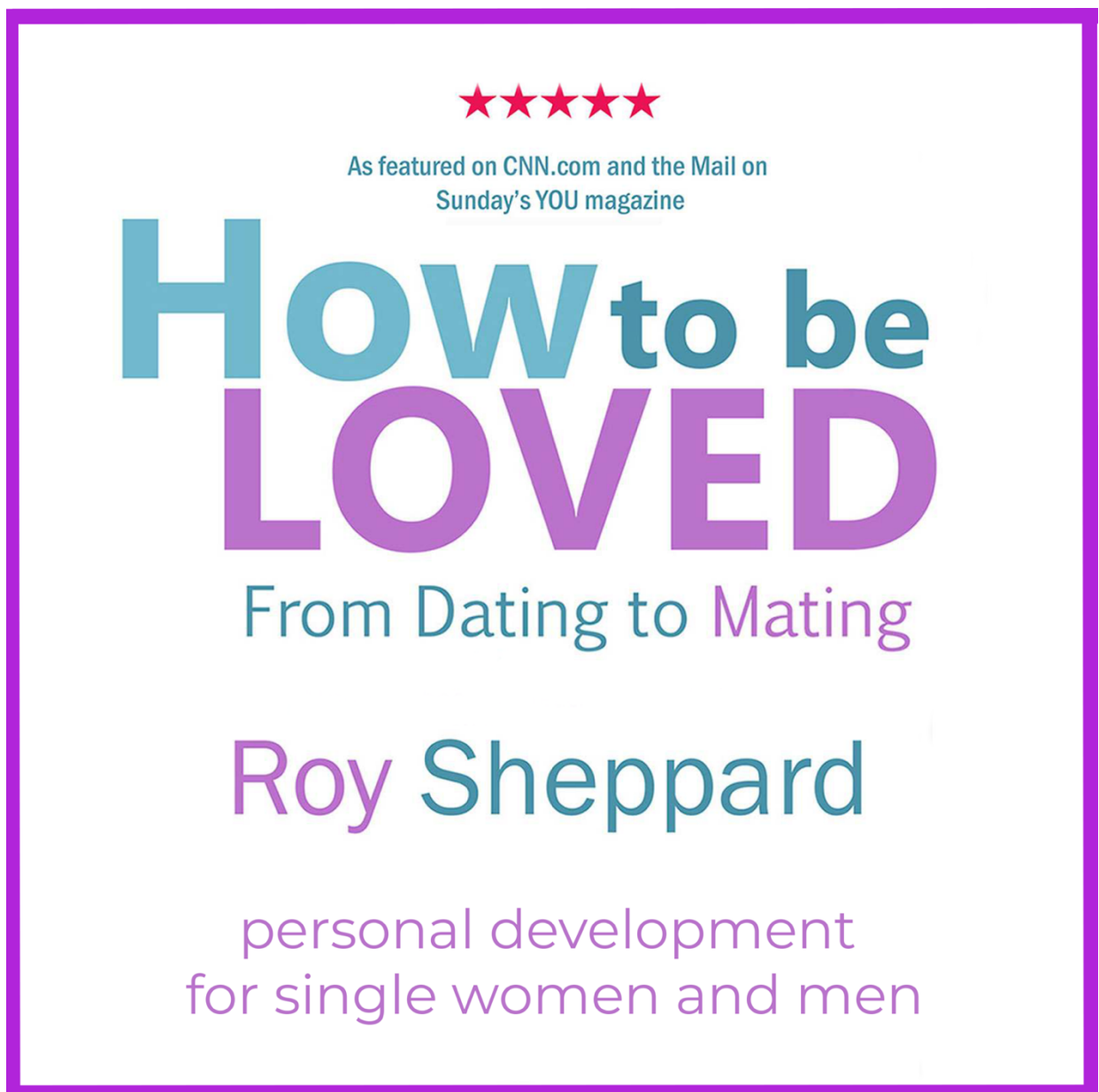


Personal development for singles

FREE Relationship Fitness Assessment

You will gain more value from this assessment if you share a blank version of this with those who know you well, so they can also provide their perceptions of you.



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Introduction

Based on part of Chapter 2 (Project YOU) from the ebook and audiobook *How to Be LOVED: from dating to mating* by Roy Sheppard, this assessment is designed to help you develop a stronger 'emotional core' and gain a deeper understanding of the beliefs, values and attitudes you look for in a long-term partner and asks, why should anyone you meet and date choose to stop their search once they've met you? Especially in a dating world where everyone is now only a click away from becoming the 'ex' in the word n-ex-t!

More single men (in particular) are starting to realise the need to have a better understanding of their own emotions. So if you have any male friends and contacts who might benefit from taking this assessment, please share it with them – they could find it immensely valuable.

Improving your 'Emotional Fitness'.

When you and your chosen partner have high levels of emotional fitness, you are both more likely to have a deeper, more enjoyable relationship. If you have yet to meet that person, use this time to invest in yourself by developing your self-awareness for a deeper understanding of how others currently perceive you. You will gain more value from the assessment if you work through it with trusted friends - helping each other to eliminate or minimise any unwanted or unappealing qualities or habits.

Step 1

Users have found it more helpful working together with paper copies of the assessment part of this document only. So print out **pages 3-5** of this document: a copy for yourself and sets for each friend who has agreed to help you.

Step 2

Take your time. Look at each quality and decide if this is a quality you would want from your existing partner, or for a future one. Be selective. Put a tick/check mark in the box along-side each important quality. Think carefully about each character trait you value so much in others. **Then rate yourself for EVERY listed quality on a scale of 0-10 (not just the ones you selected as very important).** 0 is the lowest score. 10 for the highest. For example, if you chose 'kindness' as a quality, how kind are you? If 'honesty' in others is really important to you, how honest are you? Be honest with yourself. No one else needs to see what you write.

Total number of points awarded:

Attitude Towards Life

Character Trait  0 Not at all - 10 Top marks

Passionate about life		0	1	2	3	4	5	6	7	8	9	10
Patient		0	1	2	3	4	5	6	7	8	9	10
Relaxed		0	1	2	3	4	5	6	7	8	9	10
Playful		0	1	2	3	4	5	6	7	8	9	10
Spontaneous		0	1	2	3	4	5	6	7	8	9	10
Fun-loving		0	1	2	3	4	5	6	7	8	9	10
Upbeat and Positive		0	1	2	3	4	5	6	7	8	9	10
Energetic		0	1	2	3	4	5	6	7	8	9	10
Easy-going		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards Self

Respect for self		0	1	2	3	4	5	6	7	8	9	10
Healthy self-esteem		0	1	2	3	4	5	6	7	8	9	10
Depth of character		0	1	2	3	4	5	6	7	8	9	10
Confident		0	1	2	3	4	5	6	7	8	9	10
Prepared to be wrong		0	1	2	3	4	5	6	7	8	9	10
Honest		0	1	2	3	4	5	6	7	8	9	10
Exercises regularly		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards a Partner

Romantic		0	1	2	3	4	5	6	7	8	9	10
Good companion		0	1	2	3	4	5	6	7	8	9	10
A calming influence		0	1	2	3	4	5	6	7	8	9	10
Supportive		0	1	2	3	4	5	6	7	8	9	10
Sexually passionate		0	1	2	3	4	5	6	7	8	9	10
Loyal		0	1	2	3	4	5	6	7	8	9	10
Understanding		0	1	2	3	4	5	6	7	8	9	10
Good listener		0	1	2	3	4	5	6	7	8	9	10
Reliable/Dependable		0	1	2	3	4	5	6	7	8	9	10

Mental Attitude

Thoughtful		0	1	2	3	4	5	6	7	8	9	10
Wise		0	1	2	3	4	5	6	7	8	9	10
Humble		0	1	2	3	4	5	6	7	8	9	10
Committed		0	1	2	3	4	5	6	7	8	9	10
Pragmatic		0	1	2	3	4	5	6	7	8	9	10
Energetic		0	1	2	3	4	5	6	7	8	9	10
Spiritual		0	1	2	3	4	5	6	7	8	9	10

Emotional Attitude

Loving		0	1	2	3	4	5	6	7	8	9	10
Compassionate		0	1	2	3	4	5	6	7	8	9	10
Happy		0	1	2	3	4	5	6	7	8	9	10
Generous		0	1	2	3	4	5	6	7	8	9	10
Appreciative		0	1	2	3	4	5	6	7	8	9	10
Emotionally Open		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards Work

Successful in Life		0	1	2	3	4	5	6	7	8	9	10
Hardworking		0	1	2	3	4	5	6	7	8	9	10
Well-organised		0	1	2	3	4	5	6	7	8	9	10
Solution-focused		0	1	2	3	4	5	6	7	8	9	10
Creative		0	1	2	3	4	5	6	7	8	9	10
Savvy and smart		0	1	2	3	4	5	6	7	8	9	10
Forward-thinking		0	1	2	3	4	5	6	7	8	9	10
Level of integrity		0	1	2	3	4	5	6	7	8	9	10
Trustworthy		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards Others

Helpful		0	1	2	3	4	5	6	7	8	9	10
Kind		0	1	2	3	4	5	6	7	8	9	10
Considerate		0	1	2	3	4	5	6	7	8	9	10
Friendly		0	1	2	3	4	5	6	7	8	9	10
Honourable		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards Ideas

Open-minded		0	1	2	3	4	5	6	7	8	9	10
Non-judgmental		0	1	2	3	4	5	6	7	8	9	10
Respect for others		0	1	2	3	4	5	6	7	8	9	10
Gracious		0	1	2	3	4	5	6	7	8	9	10
Fair-minded		0	1	2	3	4	5	6	7	8	9	10
Encouraging		0	1	2	3	4	5	6	7	8	9	10
Selfless		0	1	2	3	4	5	6	7	8	9	10

Next Steps

Add together every number you awarded yourself. What is your total? Put it in the box on the first page of the assessment. Don't share it.

After you've finished this part of the exercise, there's another very powerful stage. It takes a bit of courage, but this exercise can be life-changing. It is **so** worth the time and energy.

How would 'The One' rate YOU on the qualities you believe are so important in others? To give you a more accurate answer, your friends (and current partner, if you have one) can help you. My team of male and female volunteers loved the idea of getting friends to do this for them, but getting them to pluck up the courage to do so was a different matter!

Even people I thought were fairly confident really struggled with the prospect of hearing the naked truth. They were so worried that they'd hear bad things about themselves. With a bit of coaxing and coaching, they accepted that the worst that could possibly happen was learning something new they could adopt to help make themselves more appealing as a person. The alternative is not knowing and continuing to meet a stream of new people in the months and years to come, never realising that you were being perceived in ways that weren't doing you any favours.

- 1) Ask them to award you 0-10 on every character trait.
- 2) Encourage them to think of examples of your past behaviour to explain why they awarded you such high (or low) scores.
- 3) Ask them to add up the total number of points and write it down in the box at the top of the form.

Feedback from friends who know you well and who genuinely care about you can be incredibly helpful.

Tell each of these friends how important it is to you that they answer it honestly. But not in a cruel way of course!

IMPORTANT: Don't tell them how you rated yourself.

Collate and Compare Feedback from Friends

Once you've received a number of the assessments from your friends, your next task is to go through their answers and compare how you rated yourself against the way others see and rate you.

The entire point is to identify the **differences** between how you rate yourself and the way others perceive you. If you find there are large and consistent differences, you probably want to look more closely at those qualities and if appropriate, work on improving them.

Have you consistently rated yourself lower than your friends in key areas? Perhaps you might like to study the emotional core component in the eBook or audiobook that relate to improving 'self-esteem'. Or is there a pattern where you consistently rate yourself higher than those who know you well? If so, you might choose to look at the emotional core section about 'attitude'.

A final point on this exercise. Do not under any circumstances argue about the feedback (which will only teach your friends not to be honest with you in the future), or become defensive about anything you are told. The purpose of this exercise is to improve your self-awareness – it's not a weapon to be used against yourself. So devote at least some time thinking about the similarities too; what did they say that agrees with your self-perceptions?

What three areas are you going to focus on improving in the next three months?

1)

2)

3)

Now, put an appointment in your diary/calendar to assess your progress in three months and again in six months. If you decide to do something about these areas, you will almost certainly notice improvements. By looking back, even over just a few months, you'll be able to see how much progress you have made.

How to be LOVED

Table of Contents

Preface

Chapter 1 - First-Class Choice

Have you had 'The Moment' yet? How 21st century 'supply and demand' will affect the world's singles population. And what this will mean to you. How we are all being judged. The 'Next' Generation. Internet dating. Auditions for Intimacy. How ready do you want to be?

Chapter 2 - Project YOU

'Hot and Spicy' food for thought. Shopping for The One. Do you have what it takes to Be The One? Or to stay with The One you have in your life right now?

Chapter 3 - From 'Me' to 'We'

Friendship. Why game playing doesn't work and how it hurts you. The role of personal responsibility. From Me Me Me to being part of an Us.

Chapter 4 - Your Emotional Core

Introducing your Emotional Core. Why it's so important and how a well-developed Emotional Core will help you. How 'imploding' or 'exploding' always weakens you.

Chapter 5 - Full Esteem Ahead

Your Reservoir of Suffering and 'Inner Critic'. Taking back control. Practical ways to boost your self-esteem. Daily Stop and Start Re- minders to improve self-esteem.

Chapter 6 - Attitude

How it's so easy to spot a bad attitude, except when it's our own. Starring in your own talk show. Toxic and tonic types. Welcome to Wally World. My family 'shame'. Daily Stop and Start Reminders to improve attitude.

Chapter 7 - Unhappiness Uncovered

Part 1 of the Happiness Emotional Core component. Why it's so important to understand unhappiness (and unhappy people). What unhappy people do. Assessing your current happiness level. Meet the 'Hyper-Happys'. Why it's impossible to be unhappy and loving at the same time. Daily Stop and Start Reminders to reduce unhappiness.

Chapter 8 - Happiness

Part 2 of the Happiness Emotional Core component. Your 'Happiness Heartbeat'. Practical, simple and easy-to-adopt strategies to develop permanent happiness habits. Daily Stop and Start Reminders to improve happiness.

Chapter 9 - Kindness & Compassion

Why kindness is so uncool. What is kindness exactly? Are kind people 'weak' or 'strong'? How to be kinder to self and others. The potential penalties and risks of being 'too' kind. Daily Stop and Start Reminders to improve your kindness & compassion.

Chapter 10 - Intimacy

Sex, lust and passion. True and fake intimacy. Barriers to intimacy. Strategies to manage arguing, blaming and intimate conflict. Understanding and accepting different personality types. Improving compatibility. Daily Stop and Start Reminders to improve true intimacy.

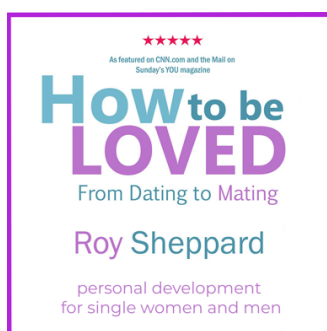
Chapter 11 - TLC - Trust, Love & Commitment

The two sides of trust. The myths of love. Romantic, obsessive and parasitic love. True love. 'Commitment Lite' v. the real thing. Daily Stop and Start Reminders to improve trust, love and commitment.

Chapter 12 - And Finally...

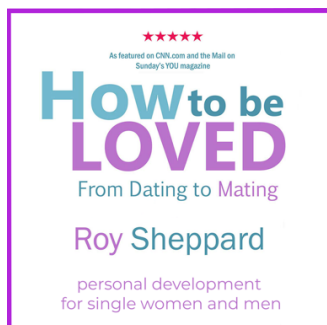
Appendix 1
How to Turn Off a Woman

Appendix 2
How to Turn Off a Man



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