

Perfect Mate Worksheet & Example

Overview/ Instructions

It is important that you fill in your preferences for every single category. While all categories carry a lot of value, keep in mind that these topics are considered the top three reasons most people get divorces:

1. Money
2. Lack of sexual compatibility
3. Children

None of the “Characteristics” shown in the first columns below are “carved in stone.” They are simply suggestions to get you thinking. You can delete any or all of them and add your own. This is about you, not me.

Be sure to add the “Deal breaker” indicator. What this means is that there is no way you could live with someone who has this behavior or characteristic. For instance, I’d never marry anyone less than 6’ tall. And I’d never marry a smoker. Those are “dealbreakers.”

Ironically, most everything I put in my list was a dealbreaker other than dancing. After three divorces, I was in no mood to be flexible with my own personal wants and needs. And you shouldn’t be either. My husband met every single criteria (*except dancing*) and we’ve been very happily married since 2003.

So, if you’re looking for a lifetime of happiness with a single partner, I highly recommend you be just as picky. Otherwise, you’ll always get what you settle for.

One thing I’d like to point out, in case you haven’t noticed, is that “Interests and Hobbies” are at the end. But, as you go through this worksheet you’ll start to notice how many other things are so much more important in a relationship than hobbies. That realization is going to be your most valuable step in finding the your perfect mate for.

Be sure to check out the sample at the end for help.

Lastly, be honest with yourself! Probably the hardest thing to do, right? But, I can assure you, you won’t regret it. Now, get started!

Sincerely,

Jan



1. Physical Appearance & Lifestyle Habits

Characteristic	Detailed Preference/Requirements	Deal Breaker: Yes or No?
Age		
Height		
Weight		
Hair Color		
Diet/Eating Habits		
Physical Shape & Health		
Drug Usage		
Alcohol Usage		
Smoker		
Cleanliness/Personal Hygiene Habits		
General Body odor, i.e., clean, musty, greasy, smokey?		
Dressing / Clothing Style		
Other:		



2. Emotional Style

Characteristic	Detailed Preference/Requirements	Deal Breaker: Yes or No?
Attitude toward romance, affection, and public displays of affection		
How he/she treats you and your needs		
How he/she expresses their feelings		
How he/she treats the relationship		
Other		



3. Social Style – Personality traits and interaction with others such as:

Define Characteristics	Detailed Preference/Requirements	Deal Breaker: Yes or No?
Sense of Humor		
Level of Political Correctness and being able to “read the room.		
Warm/ Friendly		
Introvert: Softspoken, quiet, prefers small groups or 1-on-1, stay in.		
Extrovert: Loves to go out, party, be around people, loud, center of attention.		
Other:		



4. Intellectual Style

Characteristic	Detailed Preference/Requirements	Deal Breaker: Yes or No?
Educational Background		
Attitude towards learning		
Attitude towards other cultures		
Attitude towards current, local affairs and world affairs		
Creative Expressions		
Other		

5. Sexual Style – Don't skip this one.

Define Preferences	Detailed Preference/Requirements	Deal Breaker: Yes or No?



6. Communication Style

Characteristic	Detailed Preference/Requirements	Deal Breaker: Yes or No?
Talking and sharing feelings		
Language skills		
Problem resolution		
Open to suggestions		
Listening Skills		
Empathetic		
Other:		

7. Professional Style

Characteristic	Detailed Preference/Requirements	Deal Breaker: Yes or No?
Relationship with money		
Attitude toward success: theirs, ours and mine		
Work habits		
Work ethic		



Organizational skills		
Other:		

8. Personal Growth

Characteristic	Detailed Preference/Requirements	Deal Breaker: Yes or No?
Attitude toward self-improvement		
Open to suggestions		
Other:		

9. Spiritual Style

Characteristic	Detailed Preference/Requirements	Deal Breaker: Yes or No?
Religious beliefs if any		
Church activity		
Positive or negative overall		
Views on human life		



Views on animals		
Political Views		
Other:		

10. Family

Characteristic	Detailed Preference/Requirements	Deal Breaker: Yes or No?
Relationship with own parents		
Relationship with siblings		
Wants children or not?		
How many and when?		
Do he/she have children?		
Discipline Style		
Other:		



11. Interest and Hobbies – What activities would you like to share with someone else?

Interest/ Hobby	Detailed Preference/Requirements	Deal Breaker: Yes or No?



A Perfect Mate Example

1. Physical

- A. Tall 6' and over
- B. Dark Hair – balding ok and better
- C. Hair on chest
- D. Eats anything in moderation
- E. Physically fit: 1- 20 lbs. extra is ok
- F. No drugs
- G. Little or no alcohol
- H. No smokers
- I. Clean
- J. Smells good
- K. Dresses neatly but not necessarily expensively, i.e., t-shirt and jeans with shirt tucked in: no holes, and clean.

2. Emotional Style

- A. Attitude toward romance and affection**
 - 1. Must be touchy feely – hold hands, quick kiss in public: affectionate.
- B. How he treats you**
 - 1. Be encouraging
 - 2. Supportive of my hopes and dreams
 - 3. Only constructive criticism when asked for
- C. How he expresses feelings**
 - 1. Easily and whenever called for.
- D. How he treats the relationship**
 - 1. Fits me in with the family and friends as if I'm just as important
 - 2. Faithful
 - 3. Devoted (*chooses me over everyone-situational*)

3. Social Style

- A. Personality traits and interaction with others**
 - 1. Good sense of humor and (*smart-ass*) not easily offended
 - 2. A certain sense of “political correctness” (*can “read” the room*)
 - 3. Warm and friendly
 - 4. Like a little socializing but likes and values home time and quiet time
 - 5. No “party animal”



4. Intellectual Style

A. Educational background

- Some college and appears to be educated (*can speak intelligently*)

B. Attitude towards learning

- Must love to learn all different kinds of new stuff

C. Attitude towards other cultures

- Open to ALL!

D. Attitude towards world affairs

- An interest must be good and a broad knowledge would be good. I like to be told about these things because I never read about this myself.

E. Creative Expressions

- Should have some sort of “creative” talent about him. Able to make up things – “Imagination” is the word I’m looking for.

5. Sexual Style

Well...you guys fill in these blanks. I’m not even going there! 😊

6. Communication Style

- A. Loves talking and expressing feelings.
- B. Verbally articulate
- C. Willing to discuss problem areas and open to suggestions
- D. Good listener and empathetic
- E. Know how to offer constructive criticism when asked.

7. Professional Style

A. Relationship with money

1. Spends wisely
2. Plans for the future

B. Attitude toward success

1. Not afraid of it – somewhat ambitious

C. Work and organization habits

1. Prompt and serious
2. Very organized
3. Not a workaholic
4. Stable
5. Must keep family as a priority and know how to balance with work.
6. Honest, generous and ethical



8. Personal growth style

A. Attitude toward self-improvement

1. Always ready to sit back and look at himself and open to change.
2. Is open to discussions about improving and changing relationship.

9. Spiritual Style

- A. Must believe there is a “higher power” – whether it be God or Buddha
- B. Not a fanatic about religion
- C. I’d prefer he carries it within himself, and we don’t necessarily have to attend church to remind him of his faith.
- D. Positive outlook on life.
- E. Respect for life – but not a fanatic vegetarian
- F. Hunting ok as long as use for the meat, not just tossing it.

10. Family

- A. Meet their parents and siblings: no alcoholics or druggies.
- B. I have two kids so it’s ok if he/she has their own kids.
- C. Discuss visitation between us and the ex’s.
- D. Our house rules and behaviors must align such as curfews, friends visiting, sleep overs, indoor behaviors, bedtimes, chores, allowance, etc. Discuss all!
- E. No hitting.

11. Interest and hobbies

- A. Loves to travel but loves to come home
- B. Mechanical aptitude
- C. Dancer
- D. Walk on beach or anywhere
- E. Bikes as a leisurely activity, not a competition
- F. Coordinated: to climb trees or on the roof if necessary.
- G. Likes plays, musicals and old movies
- H. Likes all kinds of music but prefers the “quiet” types.

