

Relationship Branding

The goal with this worksheet is to gain a better understanding of yourself and to gain a better understanding of the relationships you are open to or not open to so you can succinctly give that information when asked. It also serves as a way to hold yourself accountable once in a relationship with someone.

PERSONAL/PROFESSIONAL GOALS

This is where you are going to layout your top goals for personal and professional if applicable

- _____
- _____
- _____
- _____
- _____
- _____

WHO ARE YOU?

What are your top characteristics or defining qualities:

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

WHAT ARE YOUR DEAL KILLERS?

What are the top characteristics or qualities not acceptable in a person?

- ✗ _____
- ✗ _____
- ✗ _____
- ✗ _____
- ✗ _____

THINGS TO CONSIDER:

Is religion or a spiritual practice important to you?

How often do you want to see a person you are dating? (multiple times a week?, once a week? every other week? etc)

Do you value deep conversation or more surface level conversations?

Are you hoping for long term or short term relationships?

Are titles and labels important to you?

Are shared goals and ambition important to you?

WHAT ARE YOU SEEKING TO FUFILL BY HAVING A RELATIONSHIP(S)?

(Ex. Companionship)
