



Soulmate Readiness Quiz for Singles

To assess your readiness for a Soulmate relationship, rate yourself in each of the following 11 areas. Be objective and honest with yourself.

Rating scale: Rate each item on a scale from 0 to 10

- 8-10 — **Good**; this area of my life is strong and would be an asset to my next relationship
 5-7 — **OK**; this area needs work, but most likely would not sabotage my next relationship
 0-4 — **Needs Work**; this area is likely to interfere with the success of my next relationship

	Self-Rating
1. I know what has blocked me I have uncovered my Limiting Beliefs around finding my Soulmate. I'm clear they cause recurring unwanted patterns in my life. I know how to create new beliefs that feel great and are aligned with my vision for my relationship with my Soulmate.	
2. I know what I want I have a clear vision for my life and my Soulmate relationship. I can envision my perfect life in rich detail that feels strong, very real, and keeps me motivated.	
3. I know my requirements I have a written list of at least ten non-negotiable deal-breakers that I use for screening potential partners. I am clear that if any are missing, a relationship will not work for me.	
4. I am happy and successful being single I enjoy my life, my work, my family, my friends, and my own company. I am living the life that I want and I am not seeking a relationship out of desperation and need.	
5. I am ready and available for commitment I have no emotional baggage from a previous relationship. My schedule, commitments and lifestyle allow my availability to attract my Soulmate.	
6. I am satisfied with my work/career My work is fulfilling, supports my lifestyle, and does not interfere with my availability to attract my Soulmate.	
7. I am healthy in mind, body, and spirit My physical, mental, or emotional health does not interfere with having the life and relationship that I want. I am reasonably happy and feel good.	
8. My financial and legal business is handled I have no financial or legal issues that would interfere with having the life and relationship that I want.	
9. My family relationships are functional My key relationships with my children, ex, siblings, parents, and close friends indicate that I can create functional relationships with the people I love.	
10. I have effective dating skills I initiate contact with people I want to meet, and disengage from people who are not a match for me. I keep my physical and emotional boundaries, and balance my heart with my head with potential partners.	
11. I have effective relationship skills I understand relationships, can maintain closeness and intimacy, and communicate authentically and assertively. I negotiate differences positively, I allow myself to trust and be vulnerable, and I can give and receive love without emotional barriers.	
Total Score	

- 80-100 **Green light:** You are well on your way to attracting your Soulmate.
 50-79 **Yellow light:** Continue to work on the areas needed and take it slow in relationships while doing so.
 0-49 **Red light:** Take a break from seeking a Soulmate, focus on your life and prepare for the relationship that you want.