



Outline your preferences for living with others

Use this worksheet to create a flatmate profile for yourself, and outline what you’re looking for in a potential flatmate or boarder.

STEP 1

Thinking about the people you live with now or have lived with previously, write down the things that made those situations work well, and the things that didn’t work well. Use additional paper if necessary.

Thinking about people you live with now or have lived with previously:

What things worked well?

What things didn’t work well?

STEP 2

Brainstorm the qualities that will make someone a suitable match for you to live with.

What qualities make someone a suitable person for you to live with?

STEP 3

Using the prompts below, write a profile for yourself as a flatmate.

Values

What is important to you?

Skills

What are you good at?

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Weekly/Daily Routines

What is your regular schedule?

Budget

How much can you pay towards rent/food/power etc?

Location

Where do you want to live?

Urgency and Timeline

How soon do you want to move?

Sharing Space

How do you use the space at home?

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Social Preferences

How much do you want to hang out with your flatmate(s)/boarder(s)?
How do you feel about visitors in your home?

Hygiene Preferences

How clean and tidy do you like things to be?

Shared Support (if relevant)

Will you share paid or natural support?

Once you have completed this worksheet, keep it on hand. You will use it when you get to Stage 2, Chapter 10: **Getting ready for action.**

Sometimes working through these stages helps identify things you didn't think of before.

If completing this task helps you see something is missing from your previous worksheets, go back and update them now.