

Dating Clarity Worksheet

Before we dive into transforming your dating life, let's get clear on where you are right now.

Part 1: Your Starting Point

What brings you here?

Take a moment to reflect on your current dating situation.

My dating status right now:

- ☐ Actively dating
- ☐ Taking a break
- ☐ Want to start but hesitant
- ☐ Frustrated with dating apps
- ☐ Other:

What I'm looking for:

My biggest dating challenge:

Part 2: Know Your Non-Negotiables

My 3 deal-breakers:

(behaviours/values I won't compromise on)

1. _____
2. _____
3. _____

My 3 must-haves:

(what I genuinely need in a partner)

1. _____
2. _____
3. _____

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Part 3: Pattern Recognition

Think about your last few dating experiences...

I tend to attract/be attracted to people who:

A pattern I keep repeating:

How I typically feel while dating:

- ☐ Anxious and checking my phone constantly
- ☐ Excited and hopeful
- ☐ Exhausted and overwhelmed
- ☐ Confused about what I want
- ☐ Confident and clear



Part 4: Quick Self-Assessment

Rate yourself honestly

(1=never, 5=always)

"I know my worth": _____

"I trust my gut feelings": _____

"I communicate my needs clearly": _____

"I maintain my boundaries": _____

"I'm okay being single": _____

Areas where I scored 3 or below:



Part 5: Your Intention

What I want to learn from this masterclass:

One thing I'm ready to change about my dating approach:

How I'll know I'm making progress:

Remember: Awareness is the first step to change. You're already on your way.