JACKIE DORMAN • VIP COACHING INTENSIVE

WORKSHEET 14 • WEEK 9

MY DATING RÉSUMÉ

The qualities I bring to a relationship, not just what I am looking for.

01 My Character
02 My Personality & Strengths
03 How I Love
04 My Habits & Relationship Readiness
05 What Makes Me a Great Partner
06 The Life I Am Ready to Build
07 My Mirror Declarations

Last Year Single®

NAME

DATE

SECTIONS 01 TO 03

Who I Am Becoming

Turn what you know about yourself into words you can believe and speak. Write truthfully and generously.

01 MY CHARACTER

What makes me trustworthy, kind, dependable, or emotionally safe?

02 MY PERSONALITY & STRENGTHS

What is it like to spend time with me? What do people appreciate about me?

03 HOW I LOVE

How do I show care, affection, encouragement, generosity, and partnership?

SECTIONS 04 TO 05

Ready for Partnership

04 MY HABITS & RELATIONSHIP READINESS

What daily habits show I can communicate, grow, repair conflict, and share a life?

REMEMBER

Your value is not a reward for being perfect.
Write truthfully and generously. You have something meaningful to offer.

05 WHAT MAKES ME A GREAT PARTNER

Complete: "Someone who chooses me will gain a partner who..."

SECTIONS 06 TO 07

Words I Can Believe

06 THE LIFE I AM READY TO BUILD

What kind of wife or husband and teammate am I becoming?

07 MY MIRROR DECLARATIONS

Write 4 to 6 present tense "I am" statements you can say before a date.

EXAMPLE • MAKE IT YOUR OWN

I am valuable and worthy of a healthy, mutual love.
I am honest, trustworthy, and a joy to know.
I bring warmth, strength, and care to a relationship.
I am a catch, and I do not need to prove it on a date.

BEFORE YOUR NEXT DATE

Look in the mirror. Read your declarations aloud. Show up curious, not seeking approval.
Your job is not to convince someone of your value. It is to discover mutual fit.