JACKIE DORMAN • VIP COACHING INTENSIVE

WORKSHEET 9 • WEEK 5

MY NONNEGOTIABLES, PREFERENCES & PATTERNS

1. My Nonnegotiables
2. My Preferences
3. Check Your Patterns
4. My Final Dating Filter

Last Year Single®

NAME

DATE

PART 1

My Nonnegotiables

List only the qualities or circumstances that truly determine whether you can build a healthy, compatible marriage with someone.

Before adding something, ask:

Would I genuinely walk away from an otherwise wonderful person because this is missing?

	MY NONNEGOTIABLE	WHY THIS MATTERS TO MY MARRIAGE
1		
2		
3		
4		
5		

PART 1

My Nonnegotiables

List only the qualities or circumstances that truly determine whether you can build a healthy, compatible marriage with someone.

Before adding something, ask:

Would I genuinely walk away from an otherwise wonderful person because this is missing?

	MY NONNEGOTIABLE	WHY THIS MATTERS TO MY MARRIAGE
6		
7		
8		
9		
10		

RECONSIDER

Test Your List

For each item, ask:

1. Does this affect long term compatibility?

2. Would accepting the opposite violate an important value or boundary?

3. Could I live without this for 20 years without trying to change my spouse?

4. Do I bring the same level of character and readiness I’m requiring?

For a true nonnegotiable, look for yes on questions 1, 2 and 4, and no on question 3. If not, reconsider whether it belongs on your nonnegotiable list.

PART 2

My Preferences

These are things you genuinely like and are allowed to want, but you would remain open to an otherwise compatible person who doesn’t perfectly match them.

Choose one importance level for each preference.

	MY PREFERENCE	HOW IMPORTANT IS IT TO ME?
1		○ High ○ Medium ○ Low ☐ Top three
2		○ High ○ Medium ○ Low ☐ Top three
3		○ High ○ Medium ○ Low ☐ Top three
4		○ High ○ Medium ○ Low ☐ Top three
5		○ High ○ Medium ○ Low ☐ Top three

Continue your preference list on the next page.

On paper, circle your top three across both pages. On screen, use the Top three boxes.

PART 2

My Preferences

These are things you genuinely like and are allowed to want, but you would remain open to an otherwise compatible person who doesn't perfectly match them.

Choose one importance level for each preference.

	MY PREFERENCE	HOW IMPORTANT IS IT TO ME?
6		○ High ○ Medium ○ Low ☐ Top three
7		○ High ○ Medium ○ Low ☐ Top three
8		○ High ○ Medium ○ Low ☐ Top three
9		○ High ○ Medium ○ Low ☐ Top three
10		○ High ○ Medium ○ Low ☐ Top three

CIRCLE YOUR TOP THREE PREFERENCES.

Those are the things that would be especially delightful to find.

But remember they're still preferences.

On screen, mark exactly three Top three boxes across both pages.

PART 3

Check Your Patterns

Look at your preference list and answer:

1 **What qualities have I repeatedly been attracted to in the past?**

2 **Which of those qualities have actually produced healthy relationships?**

PART 3

Check Your Patterns

Look at your preference list and answer:

3 **Which qualities might be connected to familiarity rather than compatibility?**

4 **Is there anything on my list that protects me from vulnerability rather than protects my future marriage?**

PART 3

Check Your Patterns

Look at your preference list and answer:

5 **Is there anything I’ve called a “nonnegotiable” that may actually be fear or perfectionism?**

6 **Is there anything I’ve treated as “just a preference” that actually needs to become a nonnegotiable because experience has taught me it materially affects compatibility?**

PART 4

My Final Dating Filter

MY TRUE NONNEGOTIABLES

After completing the worksheet, rewrite your final list here:

1.

2.

3.

4.

5.

6.

7.