JACKIE DORMAN • VIP COACHING INTENSIVE

WORKSHEET 12

DIVINE FEMININE & MASCULINE

Self Assessment & Relationship Readiness

1. Your Divine Feminine Self Assessment
2. Your Divine Masculine Self Assessment
3. Recognizing Your Wounded Patterns
4. Sexuality, Sensuality & Attraction

Last Year Single®

NAME

DATE

PART 1

Your Divine Feminine Self Assessment

Ladies, this section is primarily for you. Men, you can also use these questions to better understand the qualities you value and appreciate in women.

For each statement, check the box that best describes you.

- Thriving: This comes naturally to me.
- Growing: I'm making progress, but I have room to improve.
- Needs Attention: This is an area where I struggle.

STATEMENT	Thriving	Growing	Needs Attention
I am comfortable receiving compliments, affection, and help.	☐	☐	☐
I can be vulnerable without feeling weak or powerless.	☐	☐	☐
I am warm, approachable, and emotionally available.	☐	☐	☐
I know how to enjoy life, laugh, flirt, and be playful.	☐	☐	☐
I can communicate my needs without controlling or manipulating.	☐	☐	☐
I am comfortable allowing a trustworthy man to take initiative.	☐	☐	☐
I can express appreciation and admiration without feeling diminished.	☐	☐	☐
I practice discernment without automatically assuming the worst.	☐	☐	☐

PART 1

Divine Feminine Qualities Continued

For each statement, choose one rating.

- Thriving: This comes naturally to me.
- Growing: I’m making progress, but I have room to improve.
- Needs Attention: This is an area where I struggle.

STATEMENT	Thriving	Growing	Needs Attention
I can be strong and independent while remaining open to partnership.	○	○	○
I take care of my physical appearance and wellbeing in ways that reflect self respect.	○	○	○
I make room for rest, beauty, pleasure, and enjoyment.	○	○	○
I can be flexible when things don’t go according to my preferences.	○	○	○
I am comfortable expressing romantic interest and reciprocating attention.	○	○	○
I don’t feel responsible for fixing, rescuing, or mothering men.	○	○	○
I believe I can be loved without constantly proving my value.	○	○	○

PART 1

Feminine Reflection

My three strongest feminine qualities are:

1.

2.

3.

Three qualities I want to develop are:

1.

2.

3.

One way my past experiences may have influenced how I express my femininity:

PART 2

Your Divine Masculine Self Assessment

Gentlemen, this section is primarily for you. Ladies, consider how these qualities influence what you recognize and appreciate in a potential husband.

For each statement, check the box that best describes you.

- Thriving: This comes naturally to me.
- Growing: I'm making progress, but I have room to improve.
- Needs Attention: This is an area where I struggle.

STATEMENT	Thriving	Growing	Needs Attention
I take responsibility for my choices, circumstances, and personal growth.	☐	☐	☐
I demonstrate initiative rather than waiting for everything to happen to me.	☐	☐	☐
I communicate my intentions clearly and confidently.	☐	☐	☐
I follow through on commitments and keep my word.	☐	☐	☐
I am emotionally steady without suppressing my feelings.	☐	☐	☐
I can make decisions without becoming controlling or domineering.	☐	☐	☐
I demonstrate financial responsibility and good stewardship.	☐	☐	☐
I am protective without being possessive.	☐	☐	☐

PART 2

Divine Masculine Qualities Continued

For each statement, choose one rating.

- Thriving: This comes naturally to me.
- Growing: I’m making progress, but I have room to improve.
- Needs Attention: This is an area where I struggle.

STATEMENT	Thriving	Growing	Needs Attention
I demonstrate strength through kindness, humility, and integrity.	○	○	○
I can acknowledge mistakes and apologize without becoming defensive.	○	○	○
I approach dating with purpose rather than passivity.	○	○	○
I treat women with respect rather than resentment or entitlement.	○	○	○
I take pride in my health, grooming, and personal presentation.	○	○	○
I can discuss difficult emotions without blaming others.	○	○	○
I demonstrate the consistency and maturity necessary for marriage.	○	○	○

PART 2

Masculine Reflection

My three strongest masculine qualities are:

1.

2.

3.

Three qualities I want to strengthen are:

1.

2.

3.

One area where I need to take greater ownership of my life:

PART 3

Wounded Feminine Patterns

Sometimes what we call personality is actually a protective behavior we developed through difficult experiences.

Check any patterns you recognize in yourself.

- ☐ I struggle to receive help because I believe I must do everything myself.
- ☐ I become controlling when I feel uncertain.
- ☐ I have difficulty trusting men because of previous experiences.
- ☐ I use criticism or sarcasm to protect myself.
- ☐ I struggle to relax and enjoy romantic attention.
- ☐ I feel uncomfortable expressing affection or vulnerability.
- ☐ I tend to mother, rescue, or counsel men I’m interested in.
- ☐ I expect men to disappoint me.
- ☐ I confuse emotional distance with strength.
- ☐ I use my accomplishments or independence to avoid needing anyone.
- ☐ I struggle with playfulness, spontaneity, or flexibility.
- ☐ I find it easier to give love than receive it.

PART 3

Wounded Masculine Patterns

Check any patterns you recognize in yourself.

- [ ] I avoid taking initiative because I fear rejection.
- [ ] I blame circumstances or other people for my lack of progress.
- [ ] I struggle to make decisions or follow through.
- [ ] I become defensive when someone offers feedback.
- [ ] I confuse leadership with control.
- [ ] I withdraw emotionally when conversations become uncomfortable.
- [ ] I expect women to prove themselves before I make an effort.
- [ ] I struggle with feelings of inadequacy or comparison.
- [ ] I use accomplishments, status, or money to establish my value.
- [ ] I have become cynical about women or marriage.
- [ ] I avoid responsibility because I’m afraid of failing.
- [ ] I struggle to express healthy affection or emotional vulnerability.

PART 3

Go Deeper

Which two patterns are most likely to interfere with your future marriage?

1.

2.

What are these behaviors protecting you from?

What would a healthier response look like?

PART 4

Sexuality, Sensuality & Attraction

One of Monday's most important distinctions was understanding that sensuality is not the same as sexuality.

Sensuality is our ability to enjoy life through our senses, appreciate beauty, experience pleasure, and be present in our bodies.

You don't have to be sexually provocative to be romantically attractive.

Rate Yourself

STATEMENT	Yes	Sometimes	No
I regularly make time to enjoy beautiful things.	○	○	○
I feel comfortable and confident in my body.	○	○	○
I know how to flirt appropriately without feeling awkward or ashamed.	○	○	○
I make an effort with my appearance because I value myself.	○	○	○
I know how to relax, laugh, and enjoy someone's company.	○	○	○
I can appreciate physical attraction without making it the foundation of compatibility.	○	○	○
I understand that attraction involves much more than physical appearance.	○	○	○
I allow myself to enjoy affection, beauty, and romance in ways consistent with my values.	○	○	○

PART 4

Attraction Reflection

For women: Have stress, aging, hormonal changes, or life experiences influenced your relationship with your body, sensuality, or romantic confidence?

For men: Does your understanding of attraction emphasize a woman’s whole person, or have cultural messages influenced your expectations?

One way I can become more present, playful, and engaged with life: