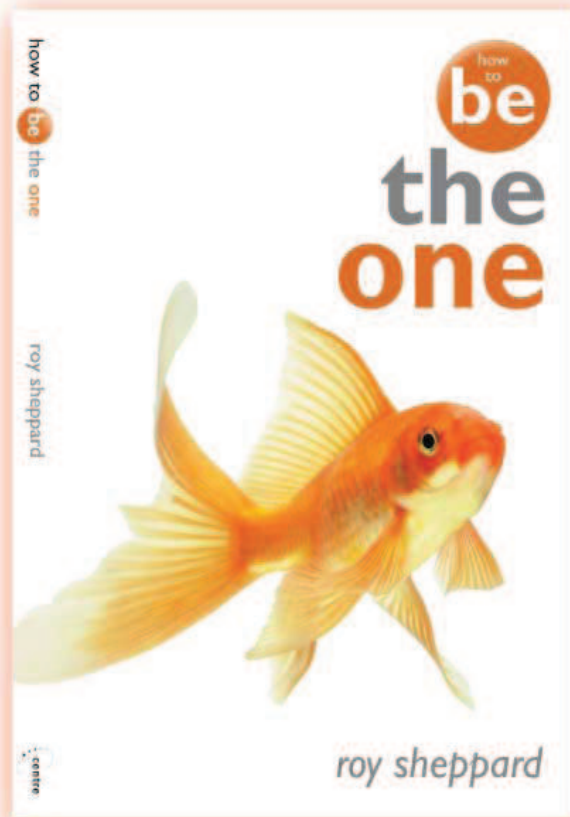


This FREE Relationship Fitness Assessment is extracted from:



“How to Be The One” (above) can be obtained from all good bookshops for £9.99 (\$14.95)

When you buy direct from the publishers, you also receive a FREE 64 page pocket book of the hundreds of Daily Stop and Start Reminders featured in “How to Be The One”. (Normal price £4.99/ \$7.95)

This pocket book is only available from

www.BeTheOneBook.com or
www.CentrePublishing.com



Introduction

This document is based on part of Chapter 2 (Project YOU) from the book *How to Be The One* by Roy Sheppard. The book helps improve your 'emotional fitness'. When you and your chosen partner have high levels of emotional fitness, you are more likely to have a deeper, more enjoyable relationship. both best you are more likely to Part of that is about gaining a deeper understanding of how other people perceive you. Therefore you will gain more value from the assessment if you work through it with trusted friends - helping each other. With this knowledge you can work on improving any unwanted, unappealing qualities or habits you have perhaps BEFORE you meet The One.

Step 1

Please print out this document. Make additional copies for any friends who have agreed to help you by taking part in this assessment.

Step 2

Take your time. Look at each quality and decide if this is a quality you would want from your existing partner, or for a future one. Be selective. At least for a moment, think about each one before you put a tick/check mark in the box alongside each quality. Ignore the numbers on the right. I'll explain what you do with those once you've completed this step.

My Name.....(Optional)

.....Name of Person Being Assessed

Attitude Towards Life

Character Trait  0 Not at all - 10 Top marks

Passionate about life		0	1	2	3	4	5	6	7	8	9	10
Patient		0	1	2	3	4	5	6	7	8	9	10
Relaxed		0	1	2	3	4	5	6	7	8	9	10
Playful		0	1	2	3	4	5	6	7	8	9	10
Spontaneous		0	1	2	3	4	5	6	7	8	9	10
Fun-loving		0	1	2	3	4	5	6	7	8	9	10
Upbeat and Positive		0	1	2	3	4	5	6	7	8	9	10
Energetic		0	1	2	3	4	5	6	7	8	9	10
Easy-going		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards Self

Character Trait  0 Not at all - 10 Top marks

Respect for self		0	1	2	3	4	5	6	7	8	9	10
Healthy self-esteem		0	1	2	3	4	5	6	7	8	9	10
Depth of character		0	1	2	3	4	5	6	7	8	9	10
Confident		0	1	2	3	4	5	6	7	8	9	10
Prepared to be wrong		0	1	2	3	4	5	6	7	8	9	10
Honest		0	1	2	3	4	5	6	7	8	9	10
Exercises regularly		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards a Partner

Character Trait  0 Not at all - 10 Top marks

Romantic		0	1	2	3	4	5	6	7	8	9	10
Good companion		0	1	2	3	4	5	6	7	8	9	10
A calming influence		0	1	2	3	4	5	6	7	8	9	10
Supportive		0	1	2	3	4	5	6	7	8	9	10
Sexually passionate		0	1	2	3	4	5	6	7	8	9	10
Loyal		0	1	2	3	4	5	6	7	8	9	10
Understanding		0	1	2	3	4	5	6	7	8	9	10
Good listener		0	1	2	3	4	5	6	7	8	9	10

Mental Attitude

Character Trait  0 Not at all - 10 Top marks

Thoughtful		0	1	2	3	4	5	6	7	8	9	10
Wise		0	1	2	3	4	5	6	7	8	9	10
Humble		0	1	2	3	4	5	6	7	8	9	10
Committed		0	1	2	3	4	5	6	7	8	9	10
Pragmatic		0	1	2	3	4	5	6	7	8	9	10
Energetic		0	1	2	3	4	5	6	7	8	9	10
Spiritual		0	1	2	3	4	5	6	7	8	9	10

Emotional Attitude

Character Trait  0 Not at all - 10 Top marks

Loving		0	1	2	3	4	5	6	7	8	9	10
Compassionate		0	1	2	3	4	5	6	7	8	9	10
Happy		0	1	2	3	4	5	6	7	8	9	10
Generous		0	1	2	3	4	5	6	7	8	9	10
Appreciative		0	1	2	3	4	5	6	7	8	9	10
Emotionally Open		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards Work

Character Trait  0 Not at all - 10 Top marks

Successful in Life		0	1	2	3	4	5	6	7	8	9	10
Hardworking		0	1	2	3	4	5	6	7	8	9	10
Well organised		0	1	2	3	4	5	6	7	8	9	10
Solution-focused		0	1	2	3	4	5	6	7	8	9	10
Creative		0	1	2	3	4	5	6	7	8	9	10
Savvy and smart		0	1	2	3	4	5	6	7	8	9	10
Forward thinking		0	1	2	3	4	5	6	7	8	9	10
Level of integrity		0	1	2	3	4	5	6	7	8	9	10
Trustworthy		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards Others

Character Trait  0 Not at all - 10 Top marks

Helpful		0	1	2	3	4	5	6	7	8	9	10
Kind		0	1	2	3	4	5	6	7	8	9	10
Considerate		0	1	2	3	4	5	6	7	8	9	10
Friendly		0	1	2	3	4	5	6	7	8	9	10
Honourable		0	1	2	3	4	5	6	7	8	9	10

Attitude Towards Ideas

Character Trait  0 Not at all - 10 Top marks

Open-minded		0	1	2	3	4	5	6	7	8	9	10
Non-judgmental		0	1	2	3	4	5	6	7	8	9	10
Respect for others		0	1	2	3	4	5	6	7	8	9	10
Gracious		0	1	2	3	4	5	6	7	8	9	10
Fair-minded		0	1	2	3	4	5	6	7	8	9	10
Encouraging		0	1	2	3	4	5	6	7	8	9	10
Selfless		0	1	2	3	4	5	6	7	8	9	10

Step 2

OK, you've made your selection. Now it's time to study what you've chosen. Go back to the first item you selected and one-by-one, think carefully about each character trait you value so much in others. Then rate **yourself** for each of those qualities. For example, if you chose 'kindness' as a quality, how kind are you? If 'honesty' in others is really important to you, how honest are you? Be honest with yourself. No one else needs to see what you write.

Step 3

After you've finished this part of the exercise, there's another very powerful stage. It takes a bit of courage! But you'll benefit MASSIVELY when you go ahead with it.

You've rated yourself. But how would The One rate you on the qualities you believe are so important in others? To give you a more accurate answer, your friends (and current partner, if you have one) are going to help you by rating you too. I have to tell you that my team of male and female volunteers loved the idea of getting friends to do this for them, but getting them to pluck up the courage to do so was a different matter.

Even people I thought were fairly confident really struggled with the prospect of hearing the naked truth. They were so worried that they'd hear bad things about themselves. It was fear that was holding them back.

With a bit of coaxing and coaching, they accepted that the worst that could possibly happen was learning something new they could adopt to help make themselves more appealing as a person. The alternative was not knowing and continuing to meet a stream of new people in the months and years to come, never realising that they were being perceived in ways that weren't doing them any favours.

Feedback from friends who know you well and who genuinely care about you can be incredibly helpful. All you have to do is what Susan Jeffers says in the title of her bestselling book *Feel the Fear and Do it Anyway*.

So, invite your most trusted friends to fill in this assessment about you.

Ask them to put your name at the top. They don't have to add their own name if they don't want to. Tell each of these friends how important it is to you that they answer it honestly. **IMPORTANT:** Don't tell them how you rated yourself. Ask them to send it back to you (anonymously if they prefer).

Alternatively, you could just get a few friends together, open

a bottle of wine and have a long chat! Be prepared for some lively debate. Your perceptions and theirs won't necessarily match up. However, this exercise can be life-changing. It is **so** worth the time and energy.

Step 4

When you've received a number of the assessments from your friends, your next task is to go through their answers and compare how you rated yourself against the way others rated you.

The entire point is to identify the **differences** between how you rate yourself and the way others perceive you. If you find there are large and consistent differences, you probably want to look more closely at those qualities and if appropriate, work on improving them. Consistent low scores in important areas might benefit from some additional attention.

A final point on this exercise. Do not under any circumstances argue about the feedback (which will only teach your friends not to be honest with you in the future), or become defensive about anything you are told. The purpose of this exercise is to improve your self-awareness – it's not a weapon to be used against yourself. So devote at least some time to thinking about the similarities too; what did they say that agrees with your self-perceptions?

Perhaps you have now started to think of your current situation or your behaviour from a different perspective. With luck, you might question your existing priorities and be more open to different ways of thinking and behaving.

Invest some time thinking about what have been the most useful insights you've gained from this assessment? Write them down in the space provided on the next page.

What three areas are you going to focus on improving in the next three months?

1)

2)

3)

Now, put an appointment in your diary to assess your progress in three months and again in six months. If you decide to do something about these areas, you will almost certainly notice improvements. If you don't do anything, you won't improve. It is as simple as that.

By looking back, even over just a few months, you'll be able to see how much progress you have made.

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Extracted from the book "How to Be The One."

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