



# SOUL MATES Quiz



Are you awaiting your next soul mate love relationship and yet you are still single? Take this quick quiz to see if you are ready for your soul mate and if not, what you can do to prepare for love. Answer each question based on your life in the past three months and total your score at the end.

- 1 Do you regularly think about a past love relationship? YES NO
- 2 Did your parental relationship serve as a positive role model for you? YES NO
- 3 Do you regularly find yourself thinking about past emotional hurts resulting from a difficult or turbulent love relationship? YES NO
- 4 Do you have enough time in your current life for a new love relationship? YES NO
- 5 Do your current hobbies and interests nourish you spiritually and emotionally? YES NO
- 6 Do you have sufficient sources of joy in your life to be happy without a love relationship? YES NO
- 7 Are you reasonably content with the size and shape of your physical body? YES NO
- 8 Do you recognise what you offer a potential love relationship partner? YES NO
- 9 Are you ready to open your heart to a new partner? YES NO
- 10 Have you forgiven past hurts resulting from previous relationships? YES NO
- 11 Are you aware what previous partners found attractive about you? (eg. your attitude, humour, social skills, kindness, nurturing ability, courage, etc). YES NO
- 12 Are you prepared to negotiate to have your needs met in a love relationship? YES NO
- 13 Are you able to listen to your partner's needs without judging them or justifying your actions? YES NO
- 14 Do you fear a loss of freedom which a love relationship might bring? YES NO
- 15 Do you fear a possible financial loss or hardship resulting from a love relationship? YES NO
- 16 Do you mix in at least three different social circles (see list below)? YES NO
  - work  yoga classes  regular gym visits  a walking group  a movies buddy
  - personal interest courses  a sports team  club membership  online chat rooms
- 17 Does work eat up your life? YES NO
- 18 Does your work help you to feel fulfilled? YES NO
- 19 Do you work antisocial hours, such as evenings, weekends or more than 50 hours per week? YES NO
- 20 Are you open to a relationship with someone who isn't your usual type of partner, such as a person from a different culture, with different interests or of a different body shape to your usual partners? YES NO



## YOUR SCORE

Transfer your responses across to this page and tally your points

<b>1</b>	YES	0	NO	5
<b>2</b>	YES	5	NO	0
<b>3</b>	YES	0	NO	5
<b>4</b>	YES	5	NO	0
<b>5</b>	YES	5	NO	0
<b>6</b>	YES	5	NO	0
<b>7</b>	YES	5	NO	0
<b>8</b>	YES	5	NO	0
<b>9</b>	YES	5	NO	0
<b>10</b>	YES	5	NO	0
<b>11</b>	YES	5	NO	0
<b>12</b>	YES	5	NO	0
<b>13</b>	YES	5	NO	0
<b>14</b>	YES	0	NO	5
<b>15</b>	YES	0	NO	5
<b>16</b>	1 point for each social circle (max. 5 points)			
<b>17</b>	YES	0	NO	5
<b>18</b>	YES	5	NO	0
<b>19</b>	YES	0	NO	5
<b>20</b>	YES	5	NO	0
	YES		NO	

Now, add the points for Yes and No together to calculate your score

**YOUR SCORE**

## WHAT YOUR SCORE MEANS

### 80-100

You are ready for love and open to new opportunities for emotional fulfilment. Chances are you won't remain single for long as you are ready to share your life with someone special.

### 60-79

There are a few issues to be resolved or changes to be made before you are completely ready for love but the arrival of the right person may help you to make these changes. Take time to recognise what you offer potential partners and don't hesitate to value your positive qualities.

### 40-59

It's time for you to do some work on yourself or your lifestyle to prepare for new love. Your efforts will not be wasted if you make room in your life and your heart for someone new. You may benefit from the support of a counsellor or a life coach to help you to clear the path to new love.

### 20-39

You may benefit from finding alternative sources of joy while you concentrate on resolving past issues and decide what you want in a love relationship partner. Think of the joy which love can bring instead of the price you may have to pay.

### 0-19

Unresolved issues or fear of loss may inhibit you in your search for love. It's time to examine those habits or commitments you currently have which may limit your chances of meeting someone new. These habits or current commitments may be preventing someone new from entering your life. Resolution of past issues may help you to open your heart to love.

For further information, visit:

[www.paulfentonsmith.com](http://www.paulfentonsmith.com)

