

## How to find a partner worth keeping

*The key is to develop a profile that attracts possible partners that you might be interested in and secondly screen them with a checklist, so you only engage in online conversations with those above a certain score. You then only need to go out on a date with those with an even higher score.*

*In other words, "Find, Text, Facetime then Date in that order."*

*The three-time columns below recognize that you will not know about certain things until later e.g., their parents. Also, in some categories you will be finding out more every time you meet so the evaluation is in more than one column. After three months if the score is poor, get out. It is a lot less painful.*

The checklist below will need re-categorization between what is in 'deal breakers' and what is in 'helpful characteristics'.

<b>A 'date screening' checklist</b>			
	<b>Before first date</b>	<b>After two dates</b>	<b>After three months</b>
<b><u>Deal breakers (before first date)</u></b>			
Within age range	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Have face timed	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Plausible reason for dating	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Their photos on social media indicate that you are compatible (lifestyle, activities etc)	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Social profile has been thoughtfully written. Indicating that they are hiding from a past relationship	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Happy to share their full name and organisation where they work	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Searches on Google image search, LinkedIn, Twitter advanced search and Instagram confirms their story, their age etc	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has interests in activities/hobbies that I like	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Other _____			<input type="checkbox"/> Yes <input type="checkbox"/> No
Other _____			<input type="checkbox"/> Yes <input type="checkbox"/> No
<b><u>Other deal breakers</u></b>			
There is an attraction		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Similar values (morals, honesty, truthfulness etc.)		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Challenges and stimulates me			<input type="checkbox"/> Yes <input type="checkbox"/> No
Makes me laugh		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Accomplished but humble		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Social drinker and not a periodic binge drinker or alcoholic			<input type="checkbox"/> Yes <input type="checkbox"/> No

Has a compatible lifestyle		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Not addicted to drugs			<input type="checkbox"/> Yes <input type="checkbox"/> No
Compatible view on children			<input type="checkbox"/> Yes <input type="checkbox"/> No
Likely to be supportive of my career			<input type="checkbox"/> Yes <input type="checkbox"/> No
Not possessive or jealous when I spend time with my friends			<input type="checkbox"/> Yes <input type="checkbox"/> No
Gets on well with my friends			<input type="checkbox"/> Yes <input type="checkbox"/> No
Is prepared to get a blood test done for STDs before you take it to a further level			<input type="checkbox"/> Yes <input type="checkbox"/> No
They have some strengths in areas where I have weaknesses			<input type="checkbox"/> Yes <input type="checkbox"/> No
Other _____			<input type="checkbox"/> Yes <input type="checkbox"/> No
Other _____			<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Helpful characteristics</b>			
Located with ____ miles from me	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Height between _____ and _____	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Weight within _____ and _____	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Fitness level between _____ and _____ (Very fit, average, below average, very unfit)	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Already sorted out their career			<input type="checkbox"/> Yes <input type="checkbox"/> No
Romantic			<input type="checkbox"/> Yes <input type="checkbox"/> No
Understands what I do for a living and is interested in it			<input type="checkbox"/> Yes <input type="checkbox"/> No
Close to their family			<input type="checkbox"/> Yes <input type="checkbox"/> No
Compatible with any children involved			<input type="checkbox"/> Yes <input type="checkbox"/> No
Compatible view on pets			<input type="checkbox"/> Yes <input type="checkbox"/> No
Not self-conscious – e.g., happy to dance with me			<input type="checkbox"/> Yes <input type="checkbox"/> No
Have started to sort out their own personal baggage or is prepared to do so.			<input type="checkbox"/> Yes <input type="checkbox"/> No
Willing to participate in new activities/hobbies			<input type="checkbox"/> Yes <input type="checkbox"/> No
Can get things done – a finisher who avoids procrastination			<input type="checkbox"/> Yes <input type="checkbox"/> No
Other _____			<input type="checkbox"/> Yes <input type="checkbox"/> No
Other _____			<input type="checkbox"/> Yes <input type="checkbox"/> No
Other _____			<input type="checkbox"/> Yes <input type="checkbox"/> No