



MY DATING JOURNEY

As we share in the introduction of *All Good Just a Week Ago*, opening up and being vulnerable can be difficult when past experiences have hurt you. This should not stop you from pursuing the kind of love you want and deserve. The questions in this document were created to further assist you in your dating journey. It's time to get to the heart of what you really want.

Describe your ideal relationship. How will this relationship impact your life?

Describe yourself in three words?

- 1.
- 2.
- 3.

How would your friends describe you?

Why did your last relationship end?

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What role did you play in the relationship ending?

What would you have done differently, if you had known what you know now?

Have you noticed any dating patterns that have yielded the same results? If so, what are they?

Do you believe love is possible for you? Why or why not?

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Do you have a list of qualities that you are looking for in a mate? If so, what are they?

Is there anything superficial on that list that you can go without?

Is there anything other than a relationship you can be focusing on during your season of singleness? If so, what is it?

What are some things you can do to prepare for the love coming your way?



You don't have to end here. Preparing for love starts with you becoming the person you are longing to be with. When your true love arrives, it will just be an added bonus to the happiness you already have. We're rooting for you!

Erika & Niesha

Have a dating question? Visit www.allgoodjustaweekago.com and send us a message. We can't wait to hear from you and support you during your journey.