

10 Questions to
ask yourself..
Is my partner
the one?



Choosing the right partner is one of the most significant decisions you can make in life because your choice profoundly impacts your happiness, well-being, and personal growth.

A partner influences virtually every aspect of your life, from your emotional and mental state to your career aspirations and overall life satisfaction. A compatible partner supports you through life's challenges, celebrates your successes, and provides a safe space for vulnerability and growth.

Conversely, being with the wrong partner can lead to stress, conflict, and emotional turmoil, hindering your ability to thrive personally and professionally. A healthy, fulfilling relationship nurtures your sense of self-worth, fosters mutual respect, and encourages individual and shared goals.

Additionally, the right partner complements your strengths and weaknesses, enhancing your overall compatibility and creating a synergistic bond that withstands the test of time.

Ultimately, choosing the right partner is paramount because they play a crucial role in shaping your present happiness and future fulfillment.

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Do I Feel Respected?

Does my partner treat me with respect, acknowledging my thoughts, feelings, and boundaries?

Do We Share Similar Values and vision for the future?

Are our core beliefs, priorities, and long-term goals aligned? Do we want the same things in life? Children? Living location? How we spend our free time?

Can We Communicate Openly?

Are we able to have honest and open conversations about difficult topics without fear of judgment or backlash?

Do I Feel Supported?

Does my partner encourage and support me in pursuing my dreams and ambitions?

Am I Happy in the Relationship?

Overall, does being with my partner bring me joy, fulfilment, peace and satisfaction?

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Do We Resolve Conflicts Constructively?

How do we handle disagreements and conflicts? Do we work together to find solutions and compromise, or do we resort to unhealthy patterns like avoidance or hostility?

Am I Growing Personally?

Does being with my partner inspire personal growth and self-improvement?

Do I Trust Them Completely?

Can I rely on my partner to be honest, faithful, and dependable?

Do We Have Fun Together?

Do we enjoy spending time together and share similar interests and hobbies?

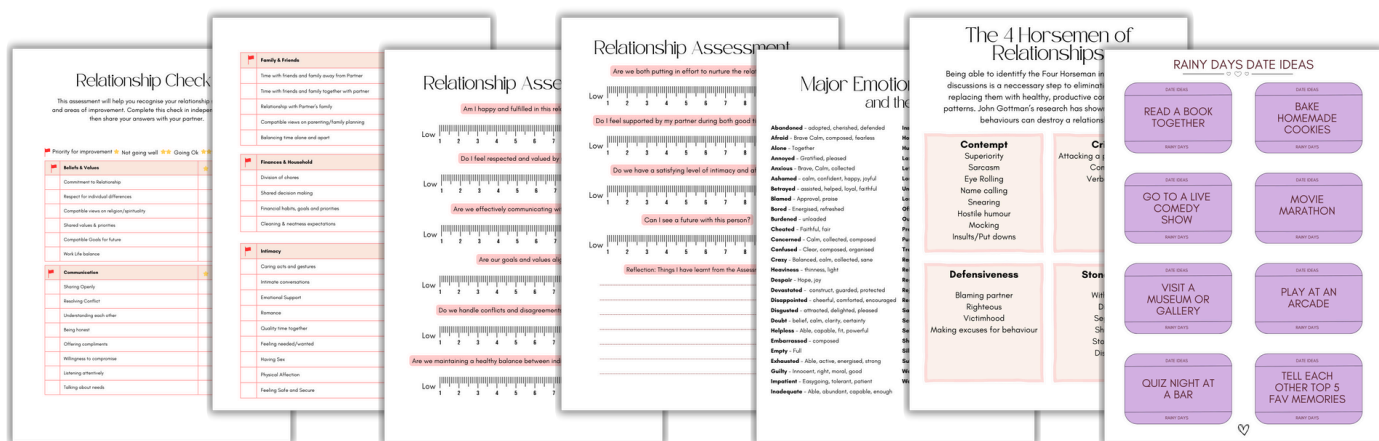
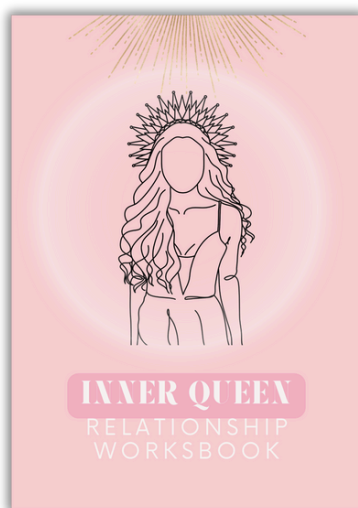
Can I Be Myself Around Them?

Do I feel comfortable being my authentic self around my partner, without fear of judgment or rejection?

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Reflecting on these questions can provide insight into the health and compatibility of your relationship. Keep in mind that relationships require ongoing effort and communication to thrive, so it's essential to revisit these questions periodically as your relationship evolves.

Our Inner Queen Relationship guide is 123 pages jammed packed with exercises, information, relationship assessment, checklists and Relationship enhancement worksheets



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