

Manifest Your Man Readiness Quiz

Instructions : Please read the statements below and respond by placing a number from 1 to 10 in the circle next to each statement. A 1 means the statement does not represent you at all, and a 10 means that the statement highly represents you. Choose the number that you feel best represents you currently.

- I've let go of past relationships and relationship baggage and am ready to create future relationships from a clean slate.
- I'm honest with myself about what I ultimately want from a relationship (Ex: casually dating with freedom and flexibility, committed life partner, traditional marriage etc.)
- I'm sick of being single, or in good-for-now relationships, and ready to do whatever it takes to manifest my man.
- I'm not currently in a 'good-for-now' relationship.
- I'm not willing to settle for any relationships that are a 'safe bet', 'practical' or 'realistic', a.k.a. anything less than my ideal relationship.
- I'm ready to try new ways of meeting men to find my ideal match.
- I've stopped dating my 'fall-back-guys' who are my 'less-than-ideal' go-to dates when I'm lonely.
- I know the qualities and characteristics I'm looking for in a significant other.
- I'm willing to explore dating men who I might not typically consider dating...dating 'outside the box'.
- I'm willing to change any disempowering beliefs that may be impeding my ability to create the relationship I truly want.
- I know who I am and what qualities I bring into a relationship.
- I'm ready to create the structures, community, and partnership to support and champion me as I take on meeting my match.
- I'm ready to let go of sweeping generalizations about men and/or dating like - 'Men can't be trusted' or 'Dating is hard' - so that I can create what I truly want.
- I'm ready and willing to be open with a significant other (Ex: Let my guard down and share myself authentically – the good, the bad and the ugly).



I know I will not give up until I've manifested my man.

Scoring : This Assessment is meant to provide a snapshot of how ready you are to manifest your man at this moment. Add up your answers for the 15 questions. A perfect readiness score is 150, meaning that the statements above highly represent you and that the critical elements are in place for you to manifest your man.

If you scored 101-150 :

Sensational! More than likely you've either: released, forgiven and healed any old relationship baggage, gotten closure and have laid the groundwork to create a relationship that is worthy of you and you're ready to keep going until you meet your Mr. Right. Or, you might be fairly new to dating and relationships altogether and are eager to get started and do whatever it takes to get out of your comfort zone and into the arms of your Mr. Right. You're probably fairly self-aware and clear about what you bring to a relationship and what you're looking for in a significant other. You're likely, open-minded, flexible and committed to the process of finding 'The One' – no matter what. Deep down you know that you will not give up until you find him. You have an intuitive understanding that he's out there and it's just a matter of time until you meet him. You're willing to be open and truly seen and known in a relationship, warts and all. Being in a significant other relationship is of such high value to you that you're ready to create the community and invest in the structures that will support you in manifesting your man.

On the readiness to manifest your man scale you fall into the *'Hot & Ready to Go for it!* category and you are ready to take things to the next level and find Mr. Right, or you may be starting from scratch and eager to get started, yesterday! Either way, you're ready with a capital 'R'. **Single to Smitten** coaching is just the structure to add power and velocity to tipping the scales in your favor or launching you into the dating sphere maybe for the first time. With a meet-you-where-you're-at approach that's customized to wherever you're starting from and designed to support you in creating the relationship you've always wanted, it's just the thing that could support you in bringing your dreams into reality. It's time to create the relationship you've always wanted, so what are you waiting for? You're ready, I'm set – Let's GO! Contact me today to Manifest your Man!

If you scored 51-100:

Nice! Chances are you've invested some time and energy into discovering who you are and what you really want in a significant other and have stuck your big toe into the proverbial 'dating pool', but may not be ready to really 'dive in'...just yet. You may experience feelings of going back and forth about whether you're really willing to do what it takes to find your Mr. Right, or whether you believe he's out there or not after all. You might find yourself unwilling to let go of a 'good for now' relationship(s) for fear that you might not find anything better. Or, you may just need to get closure about how dating has gone for you in the past. You might experience what I call being in a 'fear sandwich' – afraid to really put yourself out there in service of meeting your Mr. Right while at the same time afraid of not doing anything at all for fear that you'll never meet him – so you're stuck or experience a series of mediocre relationships that never really manifest into what you truly want. Indecision and false starts are your calling cards. You may find yourself rationalizing that the relationship you're in is 'good

enough' and that you should be grateful to have a good man. Or, if you're not in a relationship, and haven't been in one for as long as you can remember, you may be feeling the beginnings of resignation and apathy about whether there is a Mr. Right out there for you after all. You may be starting to convince yourself that it's o.k. if you never manifest your man as a way to insulate yourself from the future disappointment of not finding him that you might already be contemplating.

On a readiness to manifest your man scale you fall into the 'Warm & Wishing to Ramp Up!' category and a little clarity, vision, focus and action will take you a long way! [Single to Smitten](#) coaching partners with you to let go of any past relationships or relationship baggage that is keeping you from moving forward. Assists you in getting connected with who you really are and what you truly want in a significant other. Additionally, we leverage your new-found clarity and focus to create a unique plan of action to move out of ambiguity and being stuck and into powerful action to support you in moving from Mr. Right Now to your ideal Mr. Right. Are you ready to move from 'testing the waters' to 'diving in'? Would you like someone to hold your hand and count to three to create the impetus to jump? If you just need a nudge to get you focused and into action then contact me today to Manifest your Man!

If you scored 0-50:

O.k.! You probably fall into either of these categories: You haven't put much effort into finding your Mr. Right due to other things vying for your time and attention OR you've been trying to find your Mr. Right, but what you've been doing hasn't worked and you might be about to give up on the possibility altogether. You may be feeling resigned and cynical or frustrated and exhausted. You might not have given much thought to or feel unclear about what you bring to a relationship and aren't really sure what's most important for you to have in a significant other. Or, you have a laundry list of 'requirements' so long that no human male could possibly live up to all of them. You may be staying in or settling for men who are safe and comfortable but not necessarily your ideal match, OR unwilling to break the mold of the type of guys you date which keeps you in a proverbial 'ground-hog-day' dating pattern.

On a readiness to manifest your man scale you fall in the 'Cool & Contemplating a Kick-Start!' category and are in need of a 'start from scratch approach' or a 'complete re-evaluation' of what is in the way between you and your Mr. Right. [Single to Smitten](#) coaching supports you wherever you're starting from and customizes a plan of action uniquely tailored to who you are and what you need to create the relationship you've always wanted. Whether you haven't put any energy into creating a relationship, or you have but still haven't found what you've wanted – the result is the same...you don't have the relationship you want...yet. So, why not start or get kick-started today? Contact me today to Manifest your Man!

For more information on how I work with women to go from being Single to Smitten, visit www.singletosmitten.com. If you already know you're ready to sign up and create the coaching structure and partnership to support you to manifest your man, contact me today at www.singletosmitten.com to schedule a conversation about getting started!