

Basic PSA Worksheet©

Make a copy of this Worksheet – and write on it. Save the original. Writing your answers in green makes them easier to see. Or pick a color that you like better.

Even though Dr. Knolle has the copyright for this Worksheet she gives you permission to email it to anyone that you want to email it to. If you email it to friends, you and they might enjoy discussing what each of you wrote. Brainstorming is very powerful. Who knows what you will come up with? Go for it!

Here's an Aid: Go to www.best-personality-test.com where this Worksheet came from. On the Home Page go to Case Studies. Read a Case Study that you like. In that Case Study you will find one or more Personality Strengths Assessments (PSAs)©. Print out a PSA© for a guy and a gal. And for a couple. Of course, you can print out PSAs© from more than one Case Study – as many as you want to print out.

Here's a Thought: If you don't want to answer all of these questions today, ok. No pressure. If either of you starts feeling overwhelmed – definitely STOP! Answer them later. And some of your answers may be different in 1, 5, 10 and 20 years from what they are today. OK. That's another reason to save the original of this Worksheet.

1. What couple do I know who has the kind of relationship that I want? What about their relationship impresses me?

2. I am thinking about my parent's relationship. And my mom's and stepdad's relationship. And my dad's and stepmom's relationship. (Take them one at a time.) What do they do or have in their relationship that I want to do or have in my relationship?

3. What do I want to do or have in my relationship that is completely different from my parent's relationship? From my mom's and stepdad's relationship? From my dad's and stepmom's relationship? (Take them one at a time.)

4. I am thinking about all of my prior relationships. What coping strategies, temperament strengths, and values do each of these people I chose before have in common?

To see examples of personality strengths: Refer to the PSAs© you printed out in the Case Studies.

5. What coping strategies, temperament strengths, and values do I want my life partner to have? Which ones are the same as those in 4.? Which ones are different?

6. What tells me that I am ready to commit to having a relationship with a life partner?

7. What caused us to select each other over all of the other people that each of us knows?

8. If I want to have children and my life partner does not: Is that a deal breaker? Why?

9. If my life partner and I want to have a different number of children: Is that a deal breaker? Why?

10. If we have children would I like to have an Associate Mother (AM) (or nanny. Associate Mother is a title that Dr. Knolle made up) to help us?

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11. If my life partner and I disagree about having an Associate Mother (nanny): Is that a deal breaker? Why?

12. How important is it that my life partner has a college degree?

13. How important is it that my life partner gets an additional college degree?

14. Do I want to work? Do I want my life partner to work?

15. If I do not want to work outside of the home: When we have children, my first unique contribution to society is raising our children. Do I want to make another unique contribution to society? If my life partner does not want to work outside of the home: Does s/he want to make another unique contribution to society?

16. About my family: What personality strengths do my family members have? What issues? What must my partner do to get along with my family?

17. About his/her family: What personality strengths do his/her family members have? What issues? What must I do to get along with his/her family?

18. About religion and spirituality: What is important to him/her?

- A. Does s/he believe in a Supreme Being? On a scale of 1-10 how important is this to me?
- B. Is it a part of his/her life plan to treat other people like s/he want to be treated? On a scale of 1-10 how important is this to him/her?

About religion and spirituality: What is important to me?

- A. Do I believe in a Supreme Being? On a scale of 1-10 how important is this to him/her?
- B. Is it a part of my life plan to treat other people like I want to be treated? On a scale of 1-10 how important is this to me?

19. About politics: What is important to him/her? On a scale of 1-10 how important is this to him/her?

About politics: What is important to me? On a scale of 1-10 how important is this to me?

20. How does s/he like to spend his/her leisure time? Is this subject important to him/her?

How do I like to spend my leisure time? Is this subject important to me?

About money:

21A. What has my life partner learned about money in his/her family?

What does s/he need when it comes to...

22A. Saving money?

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23A. Spending money?

24A. Borrowing money?

About money:

21B. What have I learned about money in my family?

What do I need when it comes to...

22B. Saving money?

23B. Spending money?

24B. Borrowing money?

25. Does s/he like conservative, moderate, or high risk/high reward investments?

Do I like conservative, moderate, or high risk/high reward investments?

To learn more about what each of your risk tolerances for investments is, go to www.sort.test.com.

26. How important is listening to each other?

A1. What do I do if I feel like s/he is not listening to me?

A2. What does s/he do if s/he feels like I am not listening to him/her?

B1. What do I do if s/he tells me that I am not listening to him/her?

B2. What does s/he do if I tell him/her that s/he is not listening to me?

C1. Do I think that not listening to each other could cause issues in a relationship? At school?
At work? Anywhere else?

C2. Does s/he think that not listening to each other could cause issues in a relationship? At
school? At work? Anywhere else?

27. What process do I want to use to make decisions?

A. Which decisions do I think should require two (or more) votes?

B. Who else's thoughts do I think we should we consider?

C. What other factors do I think we should we consider?

D. Do I think that how we make decisions can cause issues in a relationship?

What process does s/he want to use to make decisions?

A. Which decisions does s/he think should require two (or more) votes?

B. Who else's thoughts does s/he think we should we consider?

C. What other factors does s/he should we consider?

D. Does s/he think that how we make decisions can cause issues in a relationship?

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28. Do I have any trust issues in relationships? At school? At work? Anywhere else? If so, do I want to clear them up? If I have trust issues and do not clear them up what do I think will happen?

Does s/he have any trust issues in relationships? At school? At work? Anywhere else? If so, does s/he want to clear them up? If s/he has trust issues and does not clear them up what does s/he think will happen?

29. Do I have any loyalty issues in relationships? At school? At work? Anywhere else? If so, do I want to clear them up? If I have loyalty issues and do not clear them up what do I think will happen?

Does s/he have any loyalty issues in relationships? At school? At work? Anywhere else? If so, does s/he want to clear them up? If s/he has loyalty issues about relationships and does not clear them up what does s/he think will happen?

30. Does s/he want to work internationally? Do I?

31. Does s/he want to travel internationally? Do I?

32. Does s/he want to learn a foreign language? Do I? Does s/he want to learn more than one foreign language? Do I?

33. Does s/he want to own his/her own home? Do I?

34. Does s/he want to have a second home? Do I? Does s/he want to own more than two homes? Do I?

35. Does s/he work in a corporation, in the government or in a nonprofit? Is it a dealbreaker for me if I would prefer that s/he worked somewhere else?

Do I work in a corporation, in the government or in a nonprofit? Is it a dealbreaker for him/her if s/he would prefer that I worked somewhere else?

36. Does s/he own his/her own business? Is it a dealbreaker for me if I would prefer that s/he worked for someone rather than have a business that s/he owns?

Do I own my own business? Is it a dealbreaker for him/her if s/he would prefer that I worked for someone rather than have a business that I own?

37. Does s/he want to work until retirement? Do I?

38. What does s/he want to do after we retire? What do I want to do after we retire? Let's apply "Begin with the end in mind" from *Seven Habits of Highly Successful People* and visualize your best retirement right now.

Before you read #39: At www.best-personality-test.com on the Home Page go to Case Studies. Under "Professional Goals" click "Enjoy Retirement from Your Business."

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39. In Retirement: Each of you may have said, “I love this idea – I just don’t have time to make it happen!” Make a My Great Idea folder. When you get intuitions don’t just dismiss them – jot them down in a document and put them in My Great Idea folder. Who knows, you may find time to give your Great Idea a life before you retire...

So, do you have any intuitions right now? If so, make your My Great Idea folder now – jot down your intuition in a document and put it in your folder right now. Go for it!

40. What else do I want to consider as I think about what I want my life to be like with my life partner? What else may my life partner want to consider as s/he thinks about what s/he wants his/her life to be like with me?

Enjoy planning your life together right this minute. Go for it!

Now you might like to read the Case Study, “Select My Life Partner” to see how Matt and Linda use their personality strengths in their relationship. At www.best-personality-test.com on the Home Page go to Case Studies. Under “Personal Goals” click “Select My Life Partner.”

Then go to “Plan My Life with My Partner” right below “Select My Life Partner” on the Case Studies list. Here you see what Matt and Linda have done in just one year.