

*To choose a partner is to choose how much more beautiful or painful life will be for you, because a good partner makes hard things easier, and a bad partner makes easy things harder. - Dr. Jazz*

## Love Blueprint

A **Love Blueprint** is a compatibility map you develop to help guide yourself in choosing a life partner. It should include your relationship values and the necessary attributes and traits of your future life partner.

**Instructions:** Use your self-knowledge, relationship experience, and knowledge of healthy relationships to create your love blueprint using the categories below to guide you. Only list what you believe you absolutely need. Use the love blueprint wisely. People are more than the boxes they check off. Compatibility is important along with other relationship factors.

<b>PERSONALITY TRAITS</b>				<b>CULTURE/ETHNICITY</b>			
<b>RELIGION/SPIRITUALITY</b>				<b>ATTRIBUTES</b>			
<b>COMMUNICATION</b>				<b>FINANCES</b>			
<b>PARENTING</b>				<b>HEALTH</b>			
<b>WORK</b>				<b>SOCIAL LIFE</b>			
<b>PHYSICAL APPEARANCE</b>				<b>SEX</b>			
<b>GENDER ROLES</b>				<b>LIFESTYLE</b>			
<b>EXTENDED FAMILY</b>				<b>LOVE</b>			

**ASK DR. JAZZ**  
• MENTAL HEALTH AND RELATIONSHIP THERAPIST

# Love Blueprint

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