

# Adult Dating Readiness Checklist

Before starting your dating journey, ask yourself these questions.

You want to find someone who also ticks these boxes!

1. Financial Stability: Are you financially stable and capable of supporting yourself?
2. Education: Have you pursued some form of formal education to broaden your knowledge and skills?
3. Driver's License: Do you have a valid driver's license?
4. Passport Ownership: Do you own a passport, ready for travel and new experiences?
5. Cultural Exposure: Have you experienced life in another country at least once?
6. Comfort with Solitude: Are you comfortable spending time alone and enjoying your own company?
7. Health Maintenance: Do you prioritise annual health check-ups to stay on top of your well-being?
8. Domestic Skills: Are you domesticated and capable of maintaining a clean and organised living space?
9. Pension Planning: Have you started saving towards your pension for a secure future?
10. Debt Management: Are you debt-free or actively working towards becoming debt-free?
11. Emergency Savings: Do you have 5-6 months' worth of living expenses saved for emergencies?
12. Culinary Skills: Can you cook nutritious and enjoyable meals?
13. Continuous Learning: Are you continuously enhancing your skills through courses or self-education?
14. Healthcare Preparedness: Are you able to pay for healthcare if the need arises?
15. Self-Maintenance: Do you have maintenance routines in place to care for your physical and mental health?
16. Giving Back: Do you contribute positively to your community or give back in meaningful ways?
17. Effective Communication: Can you communicate your thoughts, feelings, and desires clearly and respectfully?
18. Conflict Resolution: Are you skilled at resolving disagreements calmly and maturely?
19. Emotional Maturity: Can you process and regulate your emotions in a healthy way?
20. Independence: Are you capable of thriving independently without relying excessively on others?
21. Personal Boundaries: Do you have clear boundaries and the confidence to enforce them?
22. Relationship Goals: Are you clear about what you want from a relationship and ready to communicate that?
23. Career: Are you aiming to achieve more and advance in your career, such as securing a higher salary or a more senior position?
24. Growth Mindset: Do you actively work on your personal growth and development?
25. Time Management: Can you effectively balance your personal, professional, and social life?
26. Self-Respect & Confidence: Do you genuinely value yourself and your well-being?
27. Financial Literacy: Do you understand how to budget, invest, and grow your finances?
28. Responsibility & Accountability: Can you take responsibility for your actions and decisions?
29. Support System: Do you have a reliable network of friends, family, or mentors you can lean on?
30. Mental Health Awareness: Are you proactive about managing your mental health and seeking help if needed?