

# IS HE THE ONE?

## HOW TO KNOW IF YOUR MAN IS FOR KEEPS

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Lisa Petsinis Coaching

Does your man:

- Earn your trust through honesty, integrity, and dependability?
- Make an effort to connect with your family and friends?
- Tell you he loves you when and how you most want to hear it?
- Compliment you, and overall make you feel good about yourself?
- Communicate openly with you – even about difficult stuff?
- Enjoy spending time with you and making you smile?
- Finish your sentences?
- Take care of you when you're sick?
- Show you compassion and instinctively know how to heal your pain?
- Support you in your endeavors, big or small?
- Work with you to find resolutions to disagreements?
- Make you feel alive and at your best?
- Take your wishes into consideration in making plans?
- Aim first to give you pleasure?
- Seek to understand you, without judgment?
- Respect you as an individual and consider you a partner?
- Want the same things in life (kids, family, career, lifestyle etc.)
- Talk about your future together?

\_\_\_\_\_ Total Checkmarks

Lisa Petsinis, ACC Certified Coach  
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Find who you have not yet become

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0–4	He's not good enough for you, girl! As hard as it may be, you may need to do some serious reflection on what you want from a relationship and whether this guy can give it to you now, if ever. Hold onto your standards and have hope that someone fabulous is right around the corner waiting to love you in the way you deserve.
5–10	Your man has redeeming qualities, to be sure. But are they enough? Take a look at the statements without checkmarks. Are these showstoppers? Can you envision a life you will love with this guy? If you're not sure, explore this more deeply or make room for Mr. Right!
11–16	Great work - your relationship is on solid ground. It's clear your man possesses many positive relationship-building traits and behaviours. Besides that, he really gets you! There is a great chance you two are meant to be.
17–18	Congratulations, he is definitely a keeper! You've found a quality man for the long term. Keep on nurturing your relationship and practice gratitude for a lifetime of bliss.
If you're still not sure this relationship is destined, don't give up hope! With coaching, you can open up your awareness, shift your mindset, enhance your communication, get clearer about what you want, and put a plan into action – either to rescue the relationship you've got or find your dream guy!	

Contact me for a free 30-minute Relationship Rescue Call  
at [www.lisapetsinis.com](http://www.lisapetsinis.com)

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