

MY MOXIE LOUNGE

FIRE UP YOUR MOXIE TO BECOME YOUR MOST AWESOME SELF!

THE MOXIE RELATIONSHIP READINESS QUOTIENT™

A reflection tool for singles who want to date intentionally and build a lasting partnership.

How to use it: Rate each statement honestly based on how you show up *today*, not how you hope to show up someday. Circle one score per statement: 0 = not yet true, 1 = sometimes true, 2 = usually true, 3 = consistently true.

1. COURAGE

1. I am willing to date again even if past experiences left me disappointed or cautious. **0 1 2 3**
2. I can be honest about what I want instead of pretending to be more casual than I am. **0 1 2 3**
3. I can walk away from a connection that is wrong for me, even when I feel chemistry. **0 1 2 3**

2. CONFIDENCE

1. I believe I bring meaningful qualities to a relationship without needing someone else to validate my worth. **0 1 2 3**
2. I can express my preferences and boundaries without apologizing for having them. **0 1 2 3**
3. I can handle rejection without treating it as a verdict on my value. **0 1 2 3**

3. SAVVY

1. I can distinguish a genuine dealbreaker from a preference or a nice-to-have. **0 1 2 3**
2. I pay attention to consistent behavior, not just charm, promises, or potential. **0 1 2 3**
3. I know the difference between chemistry and compatibility. **0 1 2 3**

4. INITIATIVE

1. I take practical steps to meet compatible people rather than waiting for love to find me. **0 1 2 3**
2. I ask natural questions that help me learn about someone's values, lifestyle, and intentions. **0 1 2 3**
3. I make time and space in my life for dating and a possible partnership. **0 1 2 3**

5. ENERGY

1. I bring curiosity and openness to getting to know someone instead of treating every date like a test. **0 1 2 3**
2. I have a life I enjoy now, with interests and routines I can share or make room around. **0 1 2 3**
3. I can stay engaged in dating without letting it consume my time or self-esteem. **0 1 2 3**

6. RESILIENCE

1. I can learn from a disappointing date without becoming cynical about all potential partners. **0 1 2 3**
2. I can recognize old patterns and choose a different response when needed. **0 1 2 3**
3. I can move at a healthy pace and tolerate uncertainty while I get to know someone. **0 1 2 3**

MY SCORE	Courage ____ / 9	Confidence ____ / 9	Savvy ____ / 9
	Initiative ____ / 9	Energy ____ / 9	Resilience ____ / 9
TOTAL	____ / 54	Multiply by 100 ÷ 54	Read page 2

YOUR RESULTS: A STARTING POINT, NOT A VERDICT

This is an original self-reflection tool, not a validated psychological test or a prediction of whether you will find a partner. Your score is a conversation starter with yourself.

YOUR READINESS SNAPSHOT

44–54	Building from a strong foundation	You may already have useful habits for intentional dating. Keep your standards clear and stay curious about what each connection reveals.
29–43	Room to strengthen your approach	Choose one or two dimensions to work on. Readiness isn't all-or-nothing; small shifts can make dating feel more grounded.
0–28	Start with self-awareness and support	Use your lowest-scoring areas as gentle starting points. You do not need to be perfect to date, and a score does not mean you should avoid relationships.

YOUR NEXT-CHAPTER DATING PLAN

1. My three partner requirements (true dealbreakers):

2. My three relationship needs (what helps a partnership work for me):

3. My three wants (wonderful extras, but not essentials):

4. One pattern I want to leave behind:

5. One action I will take in the next seven days to meet or get to know compatible people:

A FEW COACHING-STYLE REFLECTION PROMPTS

- What does a healthy, satisfying partnership look like in the ordinary moments of daily life?
- What evidence would help me assess someone's character over time?
- Where might I confuse chemistry, familiarity, or potential with compatibility?
- What would dating with both an open heart and clear eyes look like for me?

You are not shopping for a flawless person. You are choosing a real person whose values, behavior, and life fit the partnership you want to build.

MY MOXIE LOUNGE • Cassi St. James • "Fire up your MOXIE to become your most awesome self!"