

Identifying the Ideal*

***(mate, job, home, employee, etc.)**

In order for us to sort through what we believe is important and essential from what would simply be nice to have, this worksheet can help you sort important from unimportant and to assist you make the best decision – from dating, to buying a home, to taking a job or hiring an employee.

You will be asked to make several lists. The more thorough and specific the list is, the better this exercise will work for you. It wouldn't be unusual to have 50-100 items on your list.

To help you, there is also a worksheet to help you with this exercise (in an additional document online).

LIST A - THE LIST (CHARACTERISTICS, QUALITIES, VALUES, SPECIFICS)

Make a list of the characteristics, qualities, values, and specifics of what you would see as the **IDEAL**.

For instance, if you were identifying an ideal job, you might have words such as: flexible time, \$90,000.00+, health insurance, work from home or within 20 miles of home, have autonomy, etc.

If you were identifying an ideal mate, you might have words such as: honest, consistent, no history of addiction, close to family, no current children, spiritual, funny, smart, open to self-exploration, six feet tall.

If you were identifying an ideal home, you might have words such as: full basement, good school district, room for an office, trees, up-to-date kitchen, \$200,000.00- \$225,000.00, new roof and Newport Style.

After you have made LIST A, you will need to make a LIST B.

LIST B - IMPORTANCE RATING

Rate the importance of each of the qualities.

- 3 – This quality is “non-negotiable” and essential. This quality must be present in order for me to be comfortable with my decision
- 2 – This quality is very important, but I am still open to negotiate
- 1 – This quality would be ideal, enticing or fun, but not really important in the big scheme of things

After you complete List B, give yourself 24 hours and come back to the lists and double check your ratings and then it is appropriate to start the C lists.

LIST C - THE POSSIBILITIES

This is when you begin to rate possible job applicants, job offers, homes and past or current relationships. With List A in mind, give a rating of that person, job or home.

- 3 – This is a perfect rating. The quality I am looking for appears to be completely present.
- 2 – This rating indicates there is a strong amount of the quality I am looking for, but not “perfect.”
- 1 – This rating indicates there is a glimmer of the quality present, but fall very short of what you really want. If you are rating a person, the person may not be motivated to keep that quality going.
- 0 – This rating indicates there is no glimmer of that quality present.

Now what do I do with all this information?

THE 3's

When you have 3's in LIST B and 3's in LIST C on the same quality (LIST A), this would be a positive indicator. Regardless of what you are rating, these would be on the PRO side of the equation.

For instance, if you indicated that you wanted a mate that had honesty, consistency, financially stable, was spiritual and open to self-discovery and the qualities were all “NON-NEGOTIABLE” in a relationship and you were dating someone with all those characteristics, they would be a positive beginning for the relationship.

When you have 3's in LIST B and a 0 or 1 in LIST C, this would be an indicator of coming problems in the relationship, job or home. If there are several of these, you may want to strongly reconsider what you are rating. These often become the chronic problems in a home, relationship, job or employee and you may look back months later, wishing you had made a different decision. This is a place that arguments will probably flourish.

When you have 3's in LIST B and 2's in LIST C, this can often be a place we are just slightly disappointed and may be able to assist the strengthening of this quality. In a relationship, this can become a place where people begin to “nag.” Chances are it may be a quality that arguments may arise – but only on occasion.

THE 2's

When you have 2's on the B List and 2's or 3's on the C list, these will be strengths and positives.

When you have 2's on the B List and 0's or 1's on the C list, this usually indicates chronic weakness.

THE 1's

When you have 1's on the B List and 3's on the C list, sometimes this can be so enticing people will disregard the non-negotiables. For instance, if your LIST A (for rating the ideal mate) had “is rich and

looks like Selma Hyack” on it and the person has those qualities, but not honesty or emotionally maturity (possibly level “3” level of importance qualities) are not present, there can be an “addictive” quality to the relationship (or job). It may meet the immediate needs, but in the long-term, may be disappointing or unhealthy.

COMPARING THE RATINGS

When there are these levels of importance and rating the quality, these are the issues to be aware of:

- Importance of 3 and rating of 3 – VERY STRONG POSITIVES and STRENGTHS
- Importance of 2 and rating of 3 – POSITIVE
- Importance of 1 and rating of 3 – BE CAUTIOUS – MOST IMPORTANT NEEDS WILL NOT BE MET
- Importance of 3 and rating of 2 – “SET UP” for disappointment and area of conflict (particularly in a work or intimate relationship)
- Importance of 2 and rating of 2 – GOOD
- Importance of 1 and rating of 2 – GOOD, AS LONG AS THE 3’s ARE MET
- Importance of 3 and rating of 1 – CHRONIC AREA OF DISAPPOINTMENT AND CONFLICT – THIS WOULD BE A WEAK LINK
- Importance of 2 and rating of 1 – AREA OF DISAPPOINTMENT AND CONFLICT
- Importance of 1 and a rating of 1 – a non-issue

Ultimately, the more 3/3 that you have, the better the match. It is unlikely, all your 3’s will be met, but be aware these will be areas of conflict and disappointment. This exercise is to “get you in the ball-park” to assist you in finding what is most important for you.

If you have questions about this exercise, contact Missy Bradley, the author using the [Contact Form](#) on this site.

[Sample Ideal List](#)