

Single & Content Self-Assessment

Complete this "Single & Content Self-Assessment" to get a sense of your true feelings regarding your singleness. Use the results to help determine what steps (if any) you will take to further embrace and enjoy your singleness. Please note that there are no right or wrong answers.

Instructions:

For each item, fill in the number that corresponds with the statement that best describes you now. Don't overthink it!

Statements	Definitely 5	Probably 4	Possibly 3	Probably Not 2	Definitely Not 1
1 I enjoy having complete control of my time.					
2 I cherish seeing family & friends when I want to & for how long I want.					
3 My main focus is on my personal goals.					
4 My priority is accomplishing my professional/career goals.					
5 I prefer to have no relationship distractions.					
6 Being alone is better than being with a husband.					
7 I feel that I need to be alone to be my true self.					
8 I enjoy my own company more than anyone else's.					
9 I love exploring my interests without any relationship distractions.					
10 When my date/boyfriend/fiancé is not able to see me, I get excited.					
11 I am more thrilled to spend time alone than with my date/boyfriend.					
12 I prefer to make decisions without having to consider someone else.					
13 I don't make time for dating/romantic relationships.					
14 Meeting my future husband is not my priority..					
15 I like the freedom to discover who I am by myself.					
16 Self-care is a bigger priority for me than caring for a boyfriend/fiancé/husband.					
17 I enjoy my own company.					
18 I rarely dream about my wedding, future marriage or meeting "the One".					

19	I have no interest in being in a romantic relationship right now.					
20	I savor being alone.					
21	I will be happy to be single all the days of my life.					
22	I view guys as only friends, and not as potential future husbands.					
23	I enjoy being self-sufficient.					
24	I can do anything I set my mind to by myself - without a man.					
25	I prefer to focus on my specific call/purpose without distractions.					
GRAND TOTAL =						

Scoring:

- 1 Total each column.
- 2 Calculate your grand total by adding the total of each column (from step 1).

Results:

Note: This is only a perception of being happy as a single woman based on your agreement with the above statements. It does not necessarily reflect how others may see you or even a true reflection of your state of contentment.

Score meanings:

≥50: This indicates that you see yourself as a single and content woman. You do not necessarily need a husband to increase your enjoyment of life.

≤49: This indicates that you would prefer to be in a romantic relationship and get married. Remaining single is not particularly appealing to you.

Check out:

[5 Crazy Things People Say to Single Women](#)

[5 Compelling Reasons Why Singleness is Beautiful](#)

With love & laughter,
Kimberly Garth

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