



PREPARING FOR YOUR DATING JOURNEY

Know who you are and where you are going!

KNOW YOURSELF

- What kind of effect do you have on the lives of those around you?
- In what situations is it easy to be your best?
- What kinds of stresses impact your well-being and behavior the most?
- How do you maintain connection with people in your life? In what ways should you be more intentional about this?
- In what ways are you growing in your relationship with God? What are your roadblocks to a deeper relationship with Him?

KNOW WHAT YOU ARE LOOKING FOR IN A RELATIONSHIP

- Do you know a couple whose marriage you would like to imitate? What qualities stand out in that couple's relationship?
- How can you grow in those qualities right now?
- What qualities or virtues in a person complement you and help you grow?
- What qualities in those around you challenge you? Why?
- Make a list entitled "Virtues" (good habits) and "Vices" (bad habits) and fill out both lists in as much detail as possible.

Process this list and your answers to these questions with a trusted individual!



Find more tools for dating and engaged couples at
columbuscolumbuscatholic.org/marriage-prep-resources

