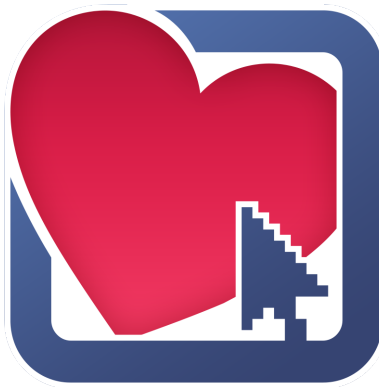


Capture His Heart: And Make Him Love You Forever 2.0

Part One, Module 1: The Quiz

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The Capture His Heart Quiz

Don't dig into the rest of the *Capture His Heart* program yummys before you take the quiz below! It will take you less than 10 minutes to get through these questions, and you're going to get a LOT out of it. . .

Here's what to do:

- Print off this PDF.
- Run through the quiz **QUICKLY**, without stopping to over-think each question. Circle your answers. (You'll see how to score it at the end of the quiz.)
- BE HONEST. No one else will ever see this, really!

If you answer it truthfully, the quiz will help you figure out your starting point in *Capture His Heart*, and by the end of the program, you'll ACE it with flying colors.

In addition, I'll give you plenty of pointers on where you can look for additional help in the specific areas where YOU need or want more guidance!

A. Hello, Gorgeous! (8 Questions)

Not True

Somewhat True

Very True

I am a woman of amazing strength. I know a beautiful future awaits me.

1

2

3

4

5

There is nothing about my looks that I wish I could change.

1

2

3

4

5

I can tell you my top three goals for my life right this minute. I'm working on them, too!

1

2

3

4

5

There's very little in my past I still need to "get over."

1

2

3

4

5

I don't continue to spend time with people who are negative.

1

2

3

4

5

I have an incredible mentor/coach in my life.

1

2

3

4

5

I don't "collect" needy people.

1

2

3

4

5

There are several emotionally healthy people in my life who have my best interest at heart. I call on them regularly for support.

1

2

3

4

5

B. You Can Do This (4 Questions)

Not True

Somewhat True

Very True

I'm ready to work hard to make changes in my life and relationships. I just want to know what exactly to do!

1

2

3

4

5

I'm great at putting into practice the things I learn.

1

2

3

4

5

I don't have a huge list of "requirements" for the men I date.

1

2

3

4

5

When I mess things up, I'm willing to learn from my mistakes and try again.

1

2

3

4

5

C. Confidence, Girlfriend (11 Questions)

Not True			Somewhat True		Very True
I know my strengths, and I know how to use them.					
1	2	3	4	5	
I never sleep with a guy too early in a relationship.					
1	2	3	4	5	
When a man I'm dating starts backing off, I know exactly how to bring him back in.					
1	2	3	4	5	
Usually I'm just as interested in a relationship as the guys I'm dating are.					
1	2	3	4	5	
I don't "mother" the guys I'm dating.					
1	2	3	4	5	
I regularly affirm myself in very positive terms.					
1	2	3	4	5	
In dating, I never feel like I'm the one chasing the guy.					
1	2	3	4	5	
When someone compliments me, I say "Thanks," and I don't feel embarrassed.					
1	2	3	4	5	
I rarely compare myself to others.					
1	2	3	4	5	
Any woman can get an incredible man, no matter what she looks like.					
1	2	3	4	5	
I don't let my "inner critic" tear me down.					
1	2	3	4	5	

D. Understanding Your Man (8 Questions)

Not True

Somewhat True

Very True

I try not to bring up “feelings” too much with my man.

1

2

3

4

5

I’m comfortable making the first move. I’ve asked for a date, and can initiate a conversation and even foreplay.

1

2

3

4

5

I know how to build a man’s self-esteem (and it doesn’t always have to do with sex).

1

2

3

4

5

I feel totally comfortable being naked with a man I love.

1

2

3

4

5

I tend to communicate with guys by dropping hints or making subtle suggestions.

1

2

3

4

5

I can make a man feel awesome, just by what I say to him.

1

2

3

4

5

I have a good understanding of what makes guys act the way they do.

1

2

3

4

5

I can get a guy’s pulse racing (without resorting to sex!).

1

2

3

4

5

E. Sending Signals (7 Questions)

Not True

Somewhat True

Very True

I don't talk about my exes to the guys I'm dating.

1

2

3

4

5

I'm great at getting ANY guy to open up and talk.

1

2

3

4

5

I rarely exaggerate or blow things out of proportion when I'm upset.

1

2

3

4

5

I know what a man's body language is telling me. I'm almost NEVER wrong.

1

2

3

4

5

When something is bothering me, I always bring it up in direct conversation.

1

2

3

4

5

Nope, I'm not a drama queen. I leave that to Kim Kardashian.

1

2

3

4

5

I know exactly what signals to send to turn a friend into a boyfriend.

1

2

3

4

5

F. Fabulous You (8 Questions)

Not True

Somewhat True

Very True

I'm not waiting to find my soulmate. I'm making it happen.

1

2

3

4

5

I know what my purpose in life is, and I'm living up to it every day.

1

2

3

4

5

I am a complete person, with or without a man in my life.

1

2

3

4

5

My friends would tell you that I ALWAYS make time to be connected with them, even when I'm deeply involved with a guy.

1

2

3

4

5

I do my job with excellence and style, no matter where I work.

1

2

3

4

5

My financial situation is in some version of order. A man is not a meal ticket.

1

2

3

4

5

I am capable and loved.

1

2

3

4

5

I am a genuinely happy person.

1

2

3

4

5

G. Pleasure and Sexuality (7 Questions)

Not True

Somewhat True

Very True

I know exactly what makes me feel sensual and sexy, and I treat myself to sensual pleasures as often as I can.

1

2

3

4

5

I know several ways to make a man do a double take when I walk by.

1

2

3

4

5

I believe my sexuality is sacred, and I deserve to be rich in pleasure and joy.

1

2

3

4

5

I feel sexy and beautiful. Maybe not every day, but most of the time!

1

2

3

4

5

I'm pretty good at turning a man's deepest fears about sex to my best advantage.

1

2

3

4

5

I know what I need to do when my sex drive needs a boost.

1

2

3

4

5

I use "teasing" to my advantage with the man I'm dating. I know exactly where to draw the line, too.

1

2

3

4

5

H. Dating and Commitment (19 Questions)

Not True			Somewhat True				Very True
----------	--	--	---------------	--	--	--	-----------

When I start dating someone, I try not to put all the weight of "will he be The ONE?" on him.

1	2	3	4	5
---	---	---	---	---

I'm pretty clear about what went wrong (on my part and his part) in my past relationships.

1	2	3	4	5
---	---	---	---	---

I've dated different kinds of guys, and learned something from all of them.

1	2	3	4	5
---	---	---	---	---

I'm pretty knowledgeable about the kinds of habits, personalities, and styles of men I'm compatible with.

1	2	3	4	5
---	---	---	---	---

My friends really like the guys I've been dating.

1	2	3	4	5
---	---	---	---	---

The men I've dated are openly affectionate.

1	2	3	4	5
---	---	---	---	---

I don't guys who are unpredictable, controlling, or violent.

1	2	3	4	5
---	---	---	---	---

I only date guys who support my independence and encourage me to pursue my interests.

1	2	3	4	5
---	---	---	---	---

I would never keep dating a man who doesn't make me feel great about myself.

1	2	3	4	5
---	---	---	---	---

I allow a man to work to win my trust before I commit myself to him.

1	2	3	4	5
---	---	---	---	---

You can't really know much about a man until you both go through some difficult times together.

1	2	3	4	5
---	---	---	---	---

I don't feel like I'm under a lot of pressure to find a man and marry, ASAP.

I'm a GREAT catch for any man.

I know exactly how long I should date a particular man before I decide whether he's "the one" for me.

When I become exclusive with a man, we have a conversation about it so that everything is very clear.

Until I'm in an exclusive relationship, I'm dating more than one guy at a time.

I'm not willing to quit school (or work, or other pursuits) for a man who wants me to commit.

I would never date a guy who wanted to keep me a “secret” from people.

I have a mental checklist of all the ways I can know if a man is marriage material.

1 2 3 4 5

Scoring Yourself

For now, all you have to do is add up your scores below. As you move through the modules of *Capture His Heart*, we'll be covering ALL the themes mentioned in this quiz.

The cool part comes at the end...

At the end of *Capture His Heart*, I'll give you a chance to re-take this quiz. At that time, I'll explain to you exactly what themes and ideas each of the questions is designed to get at, and I'll ALSO tell you where you can get more information in the program that relates to each of these questions – in case you still need to do some growing in that area or want a refresher.

But for today, just add up your scores and go dive into the good stuff of *Capture His Heart*. We'll get back to all of this before you even know it!

Your quiz results:

Today's date: _____

A. Hello, Gorgeous!

My total score for this area: _____

B. You Can Do This

My total score for this area: _____

C. Confidence, Girlfriend

My total score for this area: _____

D. Understanding Your Man

My total score for this area: _____

E. Sending Signals

My total score for this area: _____

F. Fabulous You

My total score for this area: _____

G. Pleasure and Sexuality

My total score for this area: _____

H. Dating and Commitment

My total score for this area: _____