

Your Market Value

Score yourself from one to ten in each area of the wheel (which you'll find on the final page of this document). Do so on the basis of your overall feeling during the last three months. Each category of the wheel has an explanation listed below to help you decide on a score.

Once you've worked out your scores you need to prioritise the 2 lowest scoring areas to work on. Working on these areas will help you make more of an impact on those around you. To help you raise your attraction levels in those areas I've included in the descriptions below references for books and resources to help you.

This assessment will be a lot more useful if you are totally honest and realistic with yourself, even if that means you don't come off looking as good as you might hope. You may even want to get one of your more critical friends involved for the real truth.

Sexually Confident and Competent: Sexual chemistry is a major factor in keeping a long-term relationship passionate or even getting attention in the beginning. Are you able to discuss all your likes and dislikes with your partner? When problems arise are you able to resolve them easily or do you sweep them under the duvet? Are there any things you already know about that may be getting in the way of you being the sexual God or Goddess you were born to be? Buy the ['The Guide to Getting It On!'](#) by Paul Joannides.

Attractive and Available Image: If you are getting into the dating game it's important that you take the time to look your best, all the time. Starting with the base line how lucky were you when they gave out looks and your figure? How much time and energy have you invested in ensuring that you come across as warm, attractive and approachable? Have you had a recent make-over? Does your wardrobe accentuate your assets? Are you dressing age appropriate? If this area is a challenge for you, then [get a makeover](#) or buy ['What Not to Wear'](#). If weight is an issue buy Susie Orbach's ['On Eating'](#)

Financially Fit: Looking at your finances, can you see whether you'd be perceived as an asset or a liability? Do you even understand the difference? Times have changed and people have very high expectations. So if you have much unsecured debt (credit cards, store cards, bank loans) you may need to start taking more responsibility for your spending. This is especially important if you're male. Women, you need to know that men are starting to distinguish between a money honey and a poor bunny. Best books: ['The Richest Man In Babylon'](#) and ['Rich Dad, Poor Dad'](#).

Communication and Conflict Resolution: Given the goal is to develop a long-term relationship, emotional maturity is essential. How able are you to be totally open and honest? Do you tend to react when you'd rather respond? Do you suspect your expectations of your partners may be unrealistic? Are you able to take 50% of the responsibility for your past relationships not working? For great ideas get ['The New Couple'](#) or ['Achieving Emotional Literacy'](#)

Dating Skills: Your early dates are incredibly important when it comes to capturing someone's attention. How comfortable are you with flirting? How good are you at generating someone's excitement? Are you a person that people are thrilled to spend an evening with? Do you know how to get the answers to the questions that are important to you? Do you get second dates? Best books: ['Superflirt'](#) and ['How to Make Anyone Fall in Love with You'](#)

Getting Your Needs Met: You are a needy individual whether you like it or not. The important thing is that you clearly understand how to get your needs for love and safety met appropriately rather than pushing people away with them. Coming up with better ways of getting your needs met avoids confusion and problems in your life enabling you to form healthier relationships, including one with Mr. or Miss. Right. Working out your needs is part of the [Finding Mr. Right book](#).

Self Esteem: Given you tend to attract your emotional equals are you in the best shape you can be? Are you happy and content? Do you radiate confidence? Remember you could be spending a lot of time with the people you attract. More importantly you spend all your time with you. How much do you love you? Read '[Learned Optimism](#)'

Excited And Engaged In Life. The people who radiate a sense of excitement shine like diamonds in a world of mediocrity. How much have you managed to base your work and your free time around the things you love about life? If you have a thirst for knowledge, are you still learning? If you love a challenge, when was the last time you gave yourself a bit of a scare? Are you still living your dream? Read '[Awaken the Giant Within](#)'

The Maths

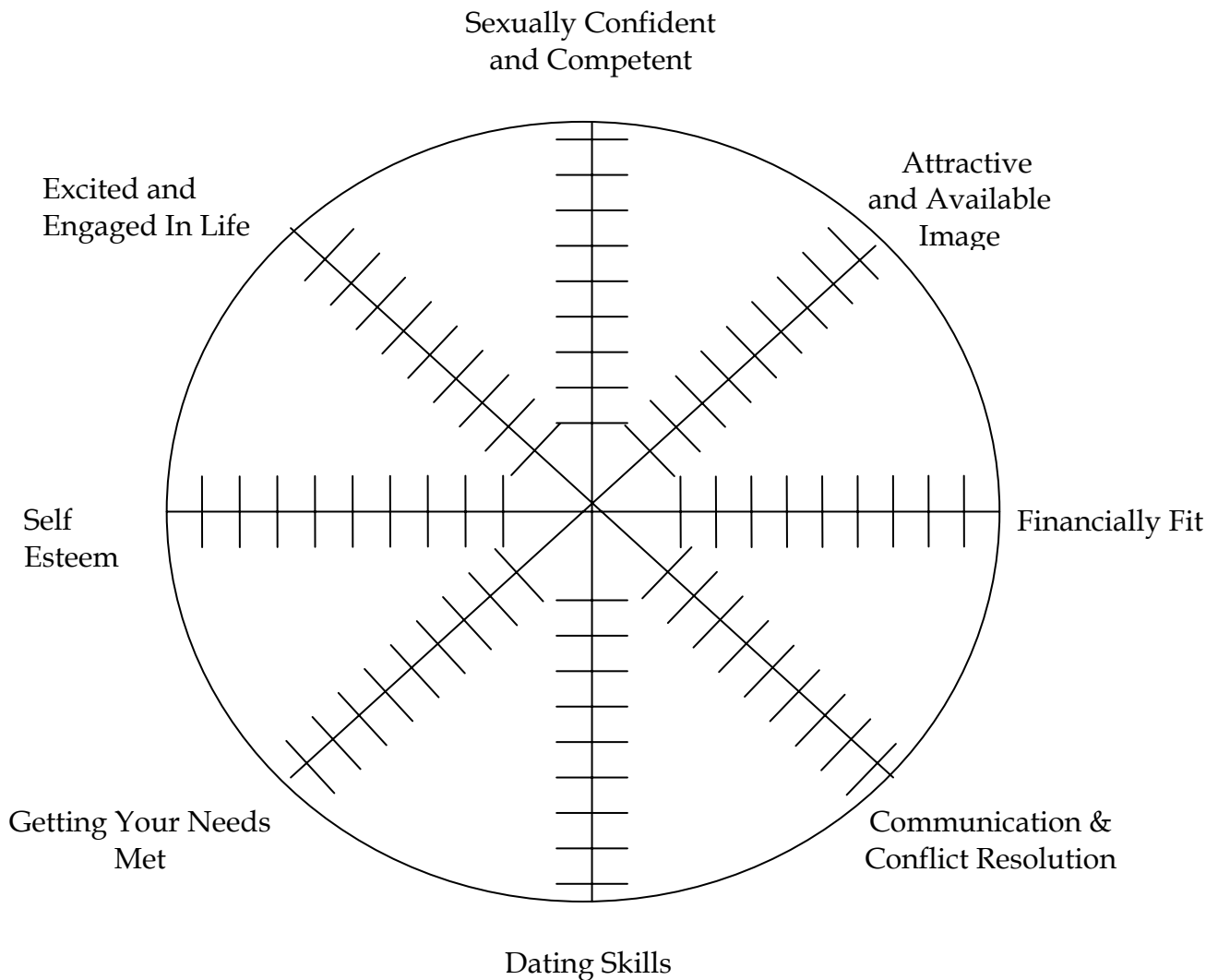
Once you've scored yourself on the wheel overleaf, if you'd like to work out your overall market value, then:

- 1. Total up the eight different scores you've got.**
- 2. Divide that number by eight.**
- 3. Multiply by 10**

You now have your percentage score. Now what do you need to do to raise it?

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'The Market Value Wheel'



Take the centre, or hub, of the wheel as 0 (totally dissatisfied) and the outer edge as 10 (totally satisfied). Rank your level of satisfaction with each area by putting a cross on the relevant spoke.

Draw a line to join the crosses.

How balanced does your wheel look?

Which are the 2 priority categories for you to start working on now?

If you would like more dates by raising your attraction factors and want more assistance to do so, please contact The Relationship Gym.

E-mail: michael@therelationshipgym.com Tel 020 8374 2499

www.therelationshipgym.com

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