

THE OPTIMIZE YOUR LIFE SERIES

relationships

**THE MARRIAGE
COMPATIBILITY
Audit**



A FREE PRINTABLE FROM
DON'T SETTLE FOR ALMOST

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Before You Invest Deeply

I've spent my career deciding who's right for a role. I build the criteria, I run the assessments, and I know the difference between a must-have and a nice-to-have. At work, I never lowered the bar because I liked the candidate sitting across from me. This audit brings that same rigor to love.

Before you invest deeply, make sure the two lives you actually want can coexist. You don't need identical answers. You need honest conversations and enough alignment to build a shared future.

HOW THIS WORKS

- 1 Build your Tier One.** Write freely, sort into three tiers, and test until you land on your five to seven true non-negotiables. Do this before chemistry gets a vote.
- 2 Score the ten areas.** Answer each question yourself, in writing, first. Then, over your first two to three months, find natural moments to ask him. Score each area from 1 to 3.
- 3 Watch his behavior.** A polished answer proves very little. Give time enough room to show you his patterns.
- 4 Read your results.** Add up your score, check every Tier One area, and decide what you'll do with what you see.

Can the two lives you actually want coexist? A woman choosing a husband has to be brave enough to answer that. This audit helps you answer it with your eyes open.

This audit shares the author's personal experience and is not a substitute for professional mental health care, medical care, or legal advice. The clarity conversations here are for ordinary incompatibility. If you're facing intimidation, coercion, threats, violence, financial control, or fear about what might happen if you leave, put your safety and qualified support first, and contact local professional resources.

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Pass One: Write Freely

Define the role before you meet the candidate. Name everything you want in a husband: character, values, habits, lifestyle, attraction, faith, family vision, emotional maturity, ambition, humor, health, money, affection, and the way the relationship feels. Don't edit, and don't negotiate with yourself. Aim for at least twenty-five items.

1	16
2	17
3	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30

Now mark each item S for a standard or F for a fantasy. A standard protects you from settling. A fantasy keeps real intimacy away.

Pass Two: Sort

Pass Three: Test

TIER ONE • YOUR NON-NEGOTIABLES

Values, character, and life-direction issues. If one is missing, strong chemistry won't make the relationship right. Choose five to seven: three is too few to protect you, and twelve means you haven't decided yet. Test each one: if a man had everything else and was missing this, would I walk? If the honest answer is no, move it to Tier Two.

#	ITEM	S / F	WOULD I WALK?
1			Y / N
2			Y / N
3			Y / N
4			Y / N
5			Y / N
6			Y / N
7			Y / N

TIER TWO • STRONG PREFERENCES

These matter, because they affect attraction, lifestyle, and ease. A good man stays a good man even when he's imperfect in a preference.

#	ITEM	S / F
1		
2		
3		
4		
5		
6		

TIER THREE • NICE-TO-HAVES

Details you'd enjoy and don't need in order to build a beautiful marriage. Hold them lightly.

#	ITEM	S / F
1		
2		
3		
4		

My Tier One

MY FIVE TO SEVEN TRUE NON-NEGOTIABLES

1

2

3

4

5

6

7

Date _____ Reviewed _____

WHAT A FINISHED TIER ONE CAN LOOK LIKE

A composite list, for illustration:

- 1 He's honest, including when it costs him.
- 2 He wants marriage and says so.
- 3 He shares my faith or deeply respects it, and he'll build a home around it with me.
- 4 He wants children, or he's at peace that I don't, whichever is true for me.
- 5 He treats the people who serve him, and his mother, with respect.
- 6 He can be told no and stay kind.

Each one is a value or a direction, and each one would end the relationship if it were missing. None of them describe how he looks.

MY WILL-NOT-TOLERATE LIST

The behaviors, patterns, and qualities I'll no longer accept in any partner. This list draws my boundary.

I WILL NOT TOLERATE

WHY IT MATTERS TO ME

Keep this page somewhere you can find it. You'll use it to score the audit, and it's the test that tells an almost from a human being.

The Ten Areas

Work through the ten areas in order. For each one, answer the first question yourself, in writing, before you ask him anything. Then, over the course of your first two to three months, find natural moments to ask him the second question. Keep it a relaxed conversation, the way you'd talk over dinner. Afterward, score each area from 1 to 3.

- 3 We're aligned, or our differences are small and we both know how we'd handle them.
- 2 We differ, we've talked about it honestly, and I can live with where we landed.
- 1 We differ, and either we haven't been able to talk about it or I'm telling myself it'll change.

MARK YOUR TIER ONE AREAS

Look at your Tier One list. Wherever an area touches one of your non-negotiables, tick the Tier One box on that area. A 1 in a Tier One area matters more than any total.

STOP INTERVIEWING FOR THE ANSWER YOU WANT

If you ask a candidate, "Are you good under pressure?" almost nobody says no. You learn more by asking for examples and then watching behavior over time. If he says family matters, watch how he treats his. If he says honesty matters, watch what happens when the truth costs him something. If he says he respects boundaries, tell him no!

I'm auditing _____ We met _____

Started _____ Scored _____

01 Marriage

TIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

What does commitment mean to me, and on what timeline?

ASK HIM, OVER TIME

“What does marriage mean to you? Is it something you want?”

02 Children

TIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

Do I want them? When? What if the path is difficult?

ASK HIM, OVER TIME

“Do you see yourself as a father? What would family life look like?”

03 MoneyTIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

How do I spend, save, give, and handle risk? What would I not tolerate?

ASK HIM, OVER TIME

"How did money work in your house growing up? How do you handle it now?"

04 Faith and meaningTIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

What role will belief and spiritual practice play in my home?

ASK HIM, OVER TIME

"What do you believe, and how does it show up in your week?"

05 Sex and affection

TIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

What do I need to feel desired and safe? What are my expectations about fidelity?

ASK HIM, OVER TIME

"How do you show affection? What does faithfulness mean to you?"

06 Lifestyle and geography

TIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

Where and how do I want to live in ten years?

ASK HIM, OVER TIME

"Where do you see yourself living? What does a good ordinary week look like?"

07 Family

TIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

What obligations and boundaries come with me? Which of his could I not live with?

ASK HIM, OVER TIME

"What does your family expect of you? How close do you want to be?"

08 Career and ambition

TIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

What will my work require, and what will I not sacrifice?

ASK HIM, OVER TIME

"What are you building? What would you give up for it, and what would you not?"

09 Health and habitsTIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

What are my non-negotiables around substances, sleep, fitness, and daily rhythm?

WATCH, OVER TIME

Watch more than ask. Notice how he treats his body and his time.

10 Conflict and repairTIER ONE ☐

SCORE

1

2

3

ASK YOURSELF

Can I disagree without contempt or disappearing? Can I apologize?

WATCH, OVER TIME

Watch. Notice what he does the first time you disagree, and the first time he is wrong.

Watch What He Does

Learn to tell character from charisma and compatibility from chemistry. Separate what he's shown you from what he's promised you. You'd be marrying the man he is on a hard day. What did he do when:

WHEN

WHAT I SAW

 He's tired

 He's disappointed

 He's stressed

 He's told no

 He's asked to repair

 He has to consider someone
besides himself

A BETTER QUESTION THAN "DID I FEEL A LIGHTNING BOLT?"

A secure man can feel quieter at first. Calm can feel unfamiliar, and it's often the beginning of something good.

 Do I feel safe and curious?

YES / NOT YET

 Do I respect him?

YES / NOT YET

 Is there enough attraction to want another date?

YES / NOT YET

 Does he get more attractive as I learn who he is?

YES / NOT YET

Your Score

AREA	SCORE (CIRCLE)	TIER ONE AREA?
01 Marriage	1 2 3	☐
02 Children	1 2 3	☐
03 Money	1 2 3	☐
04 Faith and meaning	1 2 3	☐
05 Sex and affection	1 2 3	☐
06 Lifestyle and geography	1 2 3	☐
07 Family	1 2 3	☐
08 Career and ambition	1 2 3	☐
09 Health and habits	1 2 3	☐
10 Conflict and repair	1 2 3	☐
MY TOTAL (10–30)		any 1s? Y / N

WHAT YOUR SCORE MEANS

25–30 A foundation worth building on. Keep going, and keep watching his behavior over time.

18–24 Real conversations ahead. Have them before you go deeper.

Below 18 You already know the answer.

A 1 in any Tier One area You already know the answer, whatever your total says. Your Tier One list, and only that list, is the test.

An Almost, or a Human Being?

Pull out your Tier One list, your five to seven. That list, and only that list, is the test. Copy it here and mark each item.

MY TIER ONE	HE HAS
1	MET / MISSING
2	MET / MISSING
3	MET / MISSING
4	MET / MISSING
5	MET / MISSING
6	MET / MISSING
7	MET / MISSING

Tier One met: _____ of _____

ANY TIER ONE MISSING

He's an almost, no matter how many Tier Twos he nails. The chemistry and the generosity leave the count unchanged. The most loving thing you can do for both of you is say so.

EVERY TIER ONE MET

A man who's imperfect in a Tier Two or Tier Three is a human being, and possibly the one! Give a good man grace for being human, and let healthy attraction grow.

WHAT I'LL DO WITH WHAT I SEE



Hold the line.

Your list matters, and the bigger question matters more. You now have a Tier One list and a standard you're willing to keep. Your next step is to keep it with company!

FREE · 3 MINUTES

Take the OLV Snapshot

Love grows in a full life. See how all seven areas of your life are doing right now, from Health & Wellness to Relationships, in fourteen quick questions.

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THE BOOK

Don't Settle for Almost

The 10-Step Formula for High-Achieving Women to Choose, Attract, and Marry the Right Man. This audit comes from Chapter 9.

theolv.com

At The Optimized Life Vibe, I coach high-achieving women through exactly this work, one-on-one and in small groups, alongside a community of women who won't let you settle for almost. I'd love to hear your story, so tell me when he arrives!

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