

Red Flag and Green Flag Relationship Checklist

Use this checklist to evaluate potential partners and ensure you're building a healthy, lasting relationship.

1. Vision

☐

The ability to see the big picture and set clear, long-term goals for the business.

2. Passion

☐

A deep love for what they do, which drives motivation and commitment, even in hard times.

3. Lack of Emotional Availability

☐

Struggles to express feelings or avoids deep, meaningful conversations.

4. Control or Manipulation

☐

Tries to control your actions, decisions, or relationships with others.

5. Dishonesty

☐

Lies frequently or omits important truths.

6. Inconsistent Actions

☐

Says one thing but consistently does another.

7. Unresolved Past Relationships

☐

Still emotionally attached to or entangled with an ex.

8. Financial Irresponsibility

☐

Avoids discussing finances or shows a pattern of reckless spending.

9. Disrespect Toward Family or Friends

☐

Speaks negatively about others close to you or isolates you from them.

10. Excessive Jealousy

☐

Frequently accuses you of unfaithfulness or monitors your activities.

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1. Kindness and Respect

☐

Listens to your feelings and treats you with compassion and care.

2. Consistency

☐

Follows through on promises and maintains steady communication.

3. Supportive Nature

☐

Encourages your goals, ambitions, and self-improvement.

4. Strong Communication Skills

☐

Discusses issues openly and resolves conflicts calmly.

5. Accountability

☐

Takes responsibility for mistakes and works to improve.

6. Shares Core Values

☐

Aligns with your beliefs on important topics like family, faith, and lifestyle.

7. Emotional Maturity

☐

Understands and regulates their emotions effectively.

8. Healthy Boundaries

☐

Respects your individuality, time, and personal space.

9. Financial Responsibility

☐

Open to discussing money and demonstrates sound financial habits.

10. Positive Relationships with Others

☐

Treats their family, friends, and even strangers with kindness.