

BONUS TWO · AFRICANHOMEFRONT

The Values Audit Workbook

What You Actually Need, Separated
From What You Were Taught To Want

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Seven sessions. One page that decides.

Onovo Jonathan

AFRICANHOMEFRONT

BONUS TWO

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HOW TO USE THIS WORKBOOK

Chapter 5 of the main guide gave you the Values Audit in a form you could complete in 45 minutes. This is the long version — seven sessions, designed to be worked through over one to two weeks rather than in a single sitting.

Why longer is better here. The 45-minute version produces a list. This version produces a list you actually believe, because you will have argued with yourself about it across several days. Criteria you set once, quickly, get abandoned the moment a charming man appears. Criteria you built over a fortnight tend to hold.

What you need: this document, a pen, and about 30 minutes per session.

Do the sessions in order. Session 2 depends on Session 1, and Session 1 is the one that does the real work.

Print it if you can. Writing by hand slows you down enough to be honest.

SESSION ONE

The Inheritance Audit

30 minutes

Before you decide what you want, find out where your current wants came from.

Exercise 1.1 — The unfiltered list

Without thinking about it too hard, write down everything you have ever said or thought you wanted in a husband. Aim for fifteen items. Include the ones you would be slightly embarrassed to say out loud.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Exercise 1.2 — Tag the source

Go back through every item. Beside each, write the number of the list it came from.

- 1 — What I needed at 25
- 2 — My mother / my family
- 3 — The general script (things I absorbed without choosing)
- 4 — What my actual life now requires

Some items belong to two. Write both.

Exercise 1.3 — Count

Source	How many items
1 — Needed at 25	
2 — Mother / family	
3 — The script	
4 — My life now	

Write your source-4 count here: _____

Most women find this number is between two and four out of fifteen.

If yours is low, that is the finding. It means your criteria have not been protecting you, because you have been screening men against a list that mostly describes a different woman's circumstances — usually the woman you were a decade ago, or the woman your mother needed you to be.

Exercise 1.4 — The mother question

Answer honestly. Two or three sentences each.

What does my mother actually fear will happen to me?

Is that fear reasonable, given my actual position?

Which of her criteria protect me, and which protect her standing?

This exercise is not about dismissing her. Chapter 9 of the main guide makes the case that she was largely right — about the danger, if not always about the remedy. The point is to know which of her items you are keeping **because you examined it** rather than because you inherited it.



SESSION TWO

Building the Real List

30 minutes

Now start again, deliberately.

Exercise 2.1 — The full selection

Tick everything that matters to you at all. Do not rank yet. There are thirty-two items here; the extra ones beyond the main guide's list are marked with a star.

POSITION AND RESOURCES

- ■ Earns more than I do
- ■ Has independent, stable income
- ■ Owns property
- ■ Financially transparent
- ■ Educated to my level or above
- ■ ★ Has no undisclosed debt or dependants
- ■ ★ Can be trusted with money without supervision

BACKGROUND AND FAMILY

- ■ Same faith / denomination
- ■ Same tribe or ethnic group
- ■ My family approves of him
- ■ His family's expectations of a wife are ones I can live with
- ■ Wants children (or does not)
- ■ ★ Will defend me to his own family
- ■ ★ His obligations to his family are ones I can sustain

CAPACITY

- ■ Speaks well of successful women who are not me
- ■ Handles conflict without shutting down or exploding
- ■ Does what he says he will do
- ■ Can name what he is feeling
- ■ Comfortable when I lead or decide
- ■ Not threatened by my professional network
- ■ Has a specific plan for his own life
- ■ Maintains close friendships over years
- ■ ★ Can apologise properly and without conditions
- ■ ★ Can be wrong in public without needing to recover it later

COMPATIBILITY WITH THE LIFE I HAVE BUILT

- ■ Compatible with my working hours and travel

- ■ Willing to live where my work requires
- ■ Comfortable with my financial obligations to family
- ■ Treats service staff and juniors well
- ■ Sexual compatibility
- ■ Physical attraction
- ■ ★ Comfortable in the rooms my work puts me in
- ■ ★ Would still be interesting to me in twenty years

Anything missing? Add it:

- ■ _____
- ■ _____

Exercise 2.2 — The ten-year test

Look at everything you ticked. Beside each, mark:

N — matters mainly now

T — will still matter when I am forty-five

Items marked **N only** are usually inherited or aesthetic. Items marked **T** are usually structural.

How many of your ticked items are T? _____

_____ ◆ _____

_____ ◆ _____

SESSION THREE



The Forced Ranking

30 minutes

Exercise 3.1 — Cut to twelve

From everything you ticked, choose twelve. Write them here.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Exercise 3.2 — The trade exercise

This is the part that produces a real ranking rather than a wish.

Take items 1 and 2. Ask: **if I could only have one, which?** Circle it. Then compare the winner against item 3. Then against 4. Keep going.

The item still standing at the end is your true number one — and it is very often not the one you would have named.

My true number one: _____

Now remove it and run the whole exercise again on the remaining eleven for number two. Then again for three.

Number two: _____

Number three: _____

Exercise 3.3 — The final seven

Fill in your top three from above, then rank four more.

Rank	Criterion
1	
2	
3	
4	
5	
6	
7	

Look at the five you just cut. Any relief? Any resistance? Write one line about the one that was hardest to drop:

That resistance is usually where an inherited item is still holding on.



SESSION FOUR

The Dealbreaker Grid

20 minutes

For each of your seven, ask exactly this question:

If this one thing were absent, but everything else on my list were present — would I still build a life with him?

Rank	Criterion	Still build?	Type
1		Y / N	Pref / DEAL
2		Y / N	Pref / DEAL
3		Y / N	Pref / DEAL
4		Y / N	Pref / DEAL
5		Y / N	Pref / DEAL
6		Y / N	Pref / DEAL
7		Y / N	Pref / DEAL

"No" = dealbreaker. "Yes" = preference.

Total dealbreakers: _____

The cap

Maximum four. If you have five or more, return to Session Three and force the ranking again.

More than four dealbreakers is not a filter. It is a wall, and you built it yourself. Chapter 12 of the main guide names this directly: the search for a man with twelve green ticks is a well-disguised way of never choosing anyone.

Exercise 4.2 — Write them out properly

Dealbreakers must be **observable**, or you cannot enforce them.

Rewrite each dealbreaker as something you could actually witness.

Vague	Observable
"He must respect me"	"He does not diminish successful women when he talks about them"
"Financially responsible"	"He can account for his money and has no undisclosed debt"
"Emotionally mature"	"He can apologise without conditions attached"

My dealbreakers, written observably:

1. _____
2. _____
3. _____

4. _____



SESSION FIVE

The Partner Profile

30 minutes · new — not in the main guide

A list screens. A profile lets you recognise him.

Exercise 5.1 — Write him as a person

Using only your seven criteria, write a paragraph describing this man as though he already exists. Not a fantasy — a plausible, specific, ordinary human being.

Include: roughly what he does, how he handles money, how he behaves when you disagree, what he does on a Saturday, how he speaks about his own mother, and what he is building.

Exercise 5.2 — Where is he?

Read your paragraph back. Now answer:

Where does this man physically spend his Tuesday evening?

What kind of room is he in on a Saturday morning?

What association, community or group would he plausibly belong to?

Take those three answers directly to Chapter 6's Circle Map. This is the link most women miss: your criteria determine your locations. A list that does not change where you stand has changed nothing.

Exercise 5.3 — The honesty check

Is there anything in this paragraph that no real person could be?

Would this man find me compatible? Not "would he want me" — would the life described in your paragraph fit alongside yours?

That second question is uncomfortable and worth sitting with. Compatibility runs in both directions, and a profile built entirely around what you need is only half a match.



SESSION SIX

Testing It Against Reality

30 minutes

Exercise 6.1 — Score the last three

Take the last three men you were genuinely interested in. Score each against your seven. Use ✓, ✗, or ? for unknown.

Criterion	Man A	Man B	Man C
1.			
2.			
3.			
4.			
5.			
6.			
7.			
Score /7			

Exercise 6.2 — Find the pattern

Which criterion did two or more of them fail on?

This is your blind spot. It is the thing you consistently override in the moment. Write it at the top of your one-page list and underline it.

Exercise 6.3 — Criteria problem or enforcement problem?

How many dealbreakers did you knowingly ignore? Not "did not know" — knew, and continued.

Number: _____

- **Zero** — your criteria were the issue. This workbook has fixed it.
- **One or more** — your criteria were fine. **Enforcement is the issue**, and no amount of list-refining will help. Go to Chapter 4 of the main guide and run the Intensity Log. That is where this actually gets solved.

Exercise 6.4 — The count of unknowns

How many "?" marks did you write?

Number: _____

A high number is significant on its own. It means you were investing in men without ever finding out the things you had decided mattered — which is usually the Chapter 4 mechanism operating, not an information problem.



SESSION SEVEN

The One Page

15 minutes

Everything above collapses into this. Write it out, photograph it, keep it on your phone.



MY CRITERIA · Date: _____

DEALBREAKERS (max 4 — written observably)

1. _____
2. _____

3. _____

4. _____

PREFERENCES, RANKED

1. _____

2. _____

3. _____

MY BLIND SPOT *(the criterion I keep overriding)*

WHERE HE IS *(from Session 5)*

**How to actually use it**

- **Before any second date**, read it. Thirty seconds.
- **Before any decision about a man**, read it — after the twenty-four-hour delay from Chapter 4, not during.
- **When someone is compelling and something feels wrong**, read it. It will usually name the thing.

**REVIEW SCHEDULE**

Criteria are not permanent. Revisit this workbook:

- **Every six months**, alongside the quarterly review from Chapter 15
- **After any significant change** in your income, position or circumstances
- **After any relationship ends** — score him retrospectively and note which criterion you overrode

The change log

Date	What changed	Why

Watch for one thing in particular. If a criterion keeps getting quietly relaxed each time you revisit, that is not your standards maturing. That is the pattern from Chapter 4 rewriting the list rather than meeting it.



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This workbook accompanies **I Built Everything They Said To Build. Why Am I Still Alone?** — the main guide. Every tool here expands one you have already used there.

This document provides general information. It is not medical, psychological or legal advice.