

FREE ASSESSMENT · AFRICANHOMEFRONT

WHERE AM I RIGHT NOW?

The Life Position Audit

10 questions. 20 minutes.
A score instead of a feeling.



The Drift



The Single Track



The Emerging Balance



The Parallel Track

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FREE ASSESSMENT

Where Am I Right Now?

The Life Position Audit

WHY THIS IS WORTH TWENTY MINUTES

You did everything right.

You studied. You worked. You built. You refused to be a burden to anyone.

And now you are sitting in an apartment you own, in a career you earned, in a life you built from scratch — wondering why the one thing you did not rush turned out to be the hardest thing to find.

What this assessment does

Right now you have a **feeling** about your life. In twenty minutes you will have something more useful: a **score**, three separate section results, and a named position.

That difference matters more than it sounds. A feeling can be argued with — by you, at two in the morning, and by every person who tells you that you are being too picky. **A number cannot.**

One thing to know before you start

This assessment has three sections.

One is about money. One is about your relational life. One is about how you actually spend your time.

Most women who complete this find that two of their three scores are wildly different from each other — and that they had genuinely never sat down and compared them.

That discovery is the reason this assessment exists.

How to answer

Answer for the last six months. Not your best month, and not your worst.

Answer honestly rather than aspirationally. Nobody is going to see this. A flattering score is worth nothing to you.

Get a pen and paper, or open the notes app on your phone. Write down the number beside each answer.

Twenty minutes. Start now.



SECTION A — FINANCIAL POSITION

A1. What is your current monthly income?

- Under ■150,000 (0)
- ■150,000 to ■500,000 (1)
- ■500,000 to ■1,200,000 (2)
- Above ■1,200,000 (3)

These bands are set for 2026. If you are reading this later, adjust upward — what matters is which tier you occupy, not the naira figure.

A2. How many separate income sources do you have?

- None (0)
- One (1)
- Two (2)
- Three or more (3)

A3. If your main income stopped tomorrow, how long could you sustain yourself?

- Under one month (0)
- One to three months (1)
- Three to six months (2)
- Over six months (3)

A4. Are you actively building a skill or business that will increase your income within twelve months?

- No (0)
- Thinking about it (1)
- Started recently (2)
- Actively building, with results (3)

SECTION A SUBTOTAL: _____ / 12



SECTION B — RELATIONAL POSITION

B1. What is your current relationship status?

- Not dating, not meeting anyone (0)
- Occasionally meeting people, nothing serious (1)
- Dating with intention (2)
- Committed relationship moving toward marriage (3)

B2. In the past six months, how many new quality men have you met in real life — not online?

- None (0)

- One or two (1)
- Three to five (2)
- More than five (3)

B3. How clear are you on exactly what you need in a partner, beyond a general list?

- Not clear (0)
- General idea (1)
- Specific criteria (2)
- Specific criteria, tested against real people (3)

B4. Are you regularly in physical spaces where the kind of man you want actually exists?

- No — home and work only (0)
- Occasionally (1)
- Yes, a few consistent spaces (2)
- Yes, multiple communities (3)

SECTION B SUBTOTAL: _____ / 12



SECTION C — TIME AND INTENTION

C1. How many hours per week do you deliberately invest in your social and relational life?

- Almost none (0)
- One to three hours (1)
- Four to eight hours (2)
- More than eight hours (3)

C2. Have you consciously decided your priority order between career-building and partnership?

- Never thought about it deliberately (0)
- Think about it, but undecided (1)
- Decided, but do not act consistently (2)
- Decided, and my weekly actions reflect it (3)

SECTION C SUBTOTAL: _____ / 6



YOUR SCORES

Section A — Financial: _____ / 12

Section B — Relational: _____ / 12

Section C — Time & Intention: _____ / 6

TOTAL: _____ / 30

Date: _____



FIRST — COMPARE A AND B

Before your total. Before your zone.

Sections A and B are both scored out of 12. Put them side by side.

Section A: _____ / 12

Section B: _____ / 12

The gap between them: _____

If the gap is 4 points or more, with A higher

This is the most common result on this assessment, and it is the most important finding it produces.

You are building intentionally in one domain and coasting in the other. You have the income, the buffer, possibly multiple streams — and you answered "none" or "one or two" to B2, and "home and work only" to B4.

Look at your Section C score as well. Most women in this position discover they are giving fifty-plus hours a week to their work and under two hours to any kind of social life — **and then wondering why they are not meeting anyone.**

That is not bad luck. **It is a calendar problem that has never been audited.**

If both scores are low

You are not failing. You are surviving, working, getting through the week. But you are not choosing — and the risk is that three years pass and this score is identical.

If both scores are healthy

You are ahead of most women who complete this. Your risk is different, and it is covered in your zone below.



NOW YOUR ZONE

0–8 — THE DRIFT

Moving through life without deliberate direction in either domain. Not failing — just not choosing.

The danger is not dramatic. It is that three years pass and nothing has moved, because nothing was ever decided.

Your priority: one action in each domain. Not five. One.

9–15 — THE SINGLE TRACK

The most common zone, and the most important one.

You are building hard in one area and neglecting the other. Almost always the financial track is strong and the relational track is static.

Why this matters more than any other zone: this is the position that produces, eight to ten years later, the woman who has everything she built and cannot understand why the rest of her life did not follow.

Not because you are doing anything wrong. Because one track is compounding and the other is not — and by the time the gap is visible it has been widening for a decade.

If you are in your twenties and scored here, read that paragraph again.

16–22 — THE EMERGING BALANCE

Building in both areas, but without full consistency. Ahead of most women reading this.

Your gap is usually clarity, not effort. You are meeting people. You have probably never written down, ranked and tested what you actually need in a partner — which means you are evaluating men by how they make you feel in the moment.

23–30 — THE PARALLEL TRACK

Running both tracks deliberately and effectively. Genuinely well done — this is a small group.

Your risk is different from everyone else's. It is not drift. It is choosing the wrong person, because your judgement is good but almost certainly untested against the specific challenge of being a high-earning woman in a Nigerian marriage.

Everything you have built raises the stakes of that one decision.



AND ONE THING YOU WERE NEVER TOLD

Before you go further, here is a piece of evidence that changes how your score should feel.

You were held to a schedule. **Married by twenty-five. Children by twenty-eight. Settled by thirty.** Every aunty at every wedding had a copy of it.

Here is what that schedule produced when researchers actually measured it.

Analysis of the United States National Survey of Family Growth measured the risk of divorce within five years of marriage, by the age at which people married:

Age at marriage	Divorced within 5 years
Married as a teenager	38%
Early twenties	27%
25 to 29	14%
30 to 34	10%
35 or over	17%

Read the column again.

The timeline you were shamed for missing sits at the dangerous end of that curve. The women who followed it most faithfully divorced at nearly four times the rate of women who married at thirty.

And the lowest-risk position in the entire dataset — the safest place on the whole curve — is **30 to 34**.

That analysis is of US survey data. This document says so rather than hiding it.

You did not fail a test. You declined to sit an exam nobody had marked.



WHAT TO DO NEXT

Write these four things down and keep them:

1. **My total:** _____ / 30
2. **My A–B gap:** _____
3. **My zone:** _____
4. **Today's date:** _____

Re-run this in ninety days and compare. Movement of even three or four points across a quarter is meaningful — it means the deferral has stopped.



Where each zone should go in the full guide

The complete guide is fifteen chapters in two parts. **You do not need all of them, and you should not start at the beginning.**

Your zone	Read in this order	Why
The Drift	10, then 11	Income that does not cost your social presence, then the parallel track.
The Single Track	11, then 5 and 6	The chapter written for exactly this position. Then criteria, then where he actually is.
The Emerging Balance	5, 12, 13	Your gap is clarity. Write the criteria, then learn what to test for.
The Parallel Track	13, then 3	Discernment, not effort. You have already done the effort.

And whatever your zone: read Chapter 3. It contains the study that explains why men go quiet after learning what a woman earns — five experiments, 896 people, published in the *Journal of Personality and Social Psychology* — and it is the single most useful thing in the book.



THE FULL GUIDE

I Built Everything They Said To Build. Why Am I Still Alone?

The Successful Nigerian Woman's Guide To Love, Worth, and Why The Timeline Lied To You

148 pages • 4 PDFs • 10 working tools • ₦6,900

You have just completed one of those ten tools. Here is what the others do.

Chapter 2 — The five types of men who approach a successful Nigerian woman, and how to sort him within three interactions.

Chapter 3 — The study that explains why he goes quiet, and why "is something wrong?" has never once worked.

Chapter 4 — Why you keep choosing the exciting one who disappears, and finding the steady one boring. It is a reward mechanism, not a judgement failure.

Chapter 5 — What you actually need now, not what you needed at 25. Includes the Values Audit.

Chapter 6 — Where he actually is. Specific Nigerian spaces, not "try online dating."

Chapter 7 — The fertility data straight. No panic, no false comfort.

Chapter 8 — The 90-Day Plan. Thirteen weeks, weekly actions, a written dignity boundary.

Part Two, Chapters 9–14 — Written for the woman who is 22 to 32. It is the half you will want to send to your younger sister.

Chapter 13 — How to test, early, whether a man can stay secure as you rise. The most valuable chapter in the book.

Plus three bonus workbooks: The Nigerian Man Decoder, The Values Audit Workbook, and The 90-Day Intentionality Tracker.



■ selar.com/17866rqk2r

■ **6,900 · Instant download · 30-day money-back guarantee**

Read the whole thing. If it does not give you a clearer picture of where you are and what to do next, email me within 30 days and you get your money back. No argument, no explanation required.



One more thing

If your score was healthy but something else in your life is unsettled, the other AfricanHomeFront guides are at **onovo.online**.

And if this assessment told you something useful, **send it to the woman you thought of while you were doing it**. She is probably running the same calendar you are.



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Where a study was conducted outside Nigeria, this document says so. This is general information, not medical, psychological or legal advice.