



PEM-BDI Framework

A Practical Guide to Finding a Lifelong Spouse or Committed Partner

Know Clearly · Choose Wisely · Build Intentionally · Grow Together



Foundational Premise

A lifelong partnership is most likely to succeed when two people perceive, experience, remember, believe, desire, and intend a compatible life — and consistently translate that alignment into daily actions across all dimensions of life.



The Goal

A healthy, happy, resilient, and fulfilling life together through all seasons.

The PEM-BDI Model

How we make sense of a person and build a shared future



Multi-Dimensional Lens

Use the PEM-BDI framework to evaluate compatibility across all key areas of life. Below are 22 real-world examples for each dimension.

Quality of Life Daily living, lifestyle, and overall well-being	Health Physical, mental, and emotional well-being	Relationships Family, friends, communication, and social life	Career Purpose, work, and personal fulfillment	Finance Money, resources, and long-term security
1 Daily routines and habits align	1 Health-conscious lifestyle	1 Honest and open communication	1 Respect each other's career goals	1 Similar money values and mindset
2 Enjoy similar lifestyle pace	2 Exercise and activity habits	2 Active listening skills	2 Support during career changes	2 Open and honest about finances
3 Compatible living environment	3 Eating and nutrition preferences	3 Respectful conflict resolution	3 Understand work-life balance	3 Agree on spending style
4 Appreciate simple pleasures	4 Sleep schedule compatibility	4 Trust and reliability	4 Flexible with location changes	4 Align on saving habits
5 Share hobbies and interests	5 Attitude toward medical care	5 Emotional intimacy	5 Appreciate each other's work ethic	5 Comfortable discussing money
6 Travel style compatibility	6 Mental health awareness	6 Shared values and principles	6 Handle work-related stress together	6 Shared financial goals
7 Balance of social time vs. alone time	7 Stress management approach	7 Support each other's goals	7 Encourage continuous learning	7 Approach to debt management
8 Approach to technology and screens	8 Avoid harmful habits (e.g., smoking)	8 Healthy boundaries	8 Celebrate professional achievements	8 Plan for major purchases
9 Food preferences and cooking style	9 Responsible alcohol consumption	9 Relationship with extended family	9 Share entrepreneurial mindset (if any)	9 Agree on giving/charity
10 Attitude toward pets and nature	10 Support each other's health goals	10 Friend circle compatibility	10 Align on retirement plans	10 Discuss and plan for retirement
11 View on minimalism vs. materialism	11 Handle illness with care and patience	11 Social calendar alignment	11 Support passion projects	11 Prepare for financial emergencies
12 Adaptability to change	12 Encourage preventive care	12 Approach to parenting (if applicable)	12 Respect time and focus for work	12 Transparency about income and assets
13 Handle stress in healthy ways	13 Open about health issues	13 Handle disagreements constructively	13 Willingness to sacrifice when needed	13 Respect each other's financial autonomy
14 Enjoy each other's company	14 Emotional support during challenges	14 Express appreciation regularly	14 Handle periods of unemployment	14 Avoid financial secrecy
15 Share sense of humor	15 Mindfulness and self-care practices	15 Forgive and move forward	15 Share a sense of purpose	15 Align on investment philosophy
16 Create positive home atmosphere	16 Approach to aging and longevity	16 Share responsibilities fairly	16 Encourage meaningful work	16 Handle financial disagreements well
17 Align on leisure and entertainment	17 Sexual health and intimacy alignment	17 Maintain individual identities	17 Avoid unhealthy competition	17 Plan for supporting family (if needed)
18 Respect personal space	18 Reproductive health and family planning	18 Encourage personal growth	18 Discuss and plan career transitions	18 Set and review financial plans regularly
19 Open to new experiences	19 Willingness to seek professional help	19 Show affection in compatible ways	19 Leverage each other's strengths	19 Live within your means
20 Celebrate each other's successes	20 Maintain healthy work-life balance	20 Align on cultural and religious values	20 Maintain integrity and ethics at work	20 Balance short-term enjoyment and long-term security
21 Find joy in everyday moments	21 Respect each other's physical limits	21 Stand as a team during challenges	21 Find fulfillment beyond work	21 Teach and model good money habits
22 Overall life satisfaction together	22 Grow older with dignity and support	22 Build a legacy together	22 Create opportunities together	22 Build long-term financial stability together



Intentional Simplicity



Health First



Stronger Together



Lifelong Learning



Gratitude Daily



Adapt & Grow



Leave a Positive Legacy



The right partner doesn't complete you. They walk beside you, helping you become your best self — in every dimension of life.