



Printable Self-Assessment Checklist

Is a Dog Right for My Lifestyle?

(Tick **✓** all that apply)

⌚ Time & Daily Commitment

- I can spend **1–2 hours every day** caring for a dog
- I can walk a dog daily, regardless of weather
- I am home enough to avoid leaving a dog alone for long periods
- I have time for training, play, and bonding

🏡 Home & Environment

- My home allows dogs (now and long-term)
- My living space suits the size and energy level of a dog
- I have access to safe outdoor walking areas
- I'm willing to dog-proof my home

💷 Financial Readiness

- I can afford food, equipment, and routine vet care
- I can manage unexpected vet bills or have insurance
- Ongoing monthly costs won't cause financial stress

🕒 Lifestyle & Flexibility

- My lifestyle is stable for the next **10–15 years**
- I'm happy to plan holidays and social life around a dog
- I'm prepared for changes in routine

🧠 Training & Patience

- I understand dogs need training and consistency
- I'm patient with setbacks, accidents, and mistakes
- I'm open to seeking professional help if needed

❤️ Motivation & Emotional Readiness

- I want a dog for companionship, not impulse
- I'm prepared for mess, noise, and responsibility
- I'm committed for the dog's **entire lifetime**

✓ Quick Results Guide

- **Mostly ticked:** A dog could fit your lifestyle well
- **Some gaps:** You may need to adjust expectations or timing
- **Many unticked:** Waiting may be the kindest choice — for you and the dog

