

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

