

Week 5 --- Dating App Worksheet

Most people are terrible at online dating. But not you! You're going to stand out online (in a good way) by having a profile that is an authentic reflection of the unique amazingness that is you!

Your perfect dating app bio includes ALL of the following 5 elements:

#1 This is who I am

#2 This is how I live my life/ This is what I care most about

#3 This is who I hope to meet

#4 This is what I'm looking for with that person (or people)

#5 Why you should contact me

There's no one else like you and your profile should reflect that by using *specific* examples. (The more specific, the better!) It should "sound" like you. Bonus points for creativity!

EXAMPLES:

I'm optimistic, creative, and affectionate. I love plants, dogs, deep conversations, and the occasional dirty martini. I hope to meet a man who's confident, kind, and thinks us having 6 rescue dogs in a downtown loft is a perfectly reasonable life plan. If you think we'd get along, I look forward to hearing from you!

I look like a surfer girl, but I'd pick reading a mystery novel over catching a wave any day. I love puzzles, tables for two in tiny restaurants, and baking for my friends. I hope to meet someone even more beautiful on the inside than they are on the outside. ;) I can't say I'm looking for the love of my life right now, but I'm definitely looking for someone I love spending time with. Intrigued? Let's talk.

I'm a kind, outspoken and passionate lover of life. Travel is my passion – I've visited 10 countries in the past year (Thailand was my favorite) and my dream is to find a way to travel for a living! I hope to meet an adventurous, self-aware and loving man who's both grounded in who he is and accepting of others. Honestly, I'd love to find the love of my life so we can stop searching separately and start exploring together. If this sounds good to you, message me!

You can see from the above examples that you don't need a lot of text to include all 5 elements. Can you spot them all in each of the above?

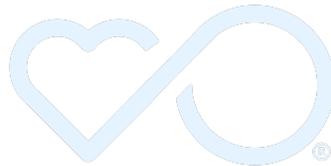
Brainstorm your profile elements:

1) Adjectives that describe you (ask friends for inspiration if needed):

2) Some things you love/love doing:

3) Who you'd love to meet:

4) What you're looking for with that person:



5) Why someone should contact you:

TIPS:

- ♥ Keep your profile positive! No talking about what you *don't* want.
- ♥ Stay away from clichés. Your profile should include specifics.
- ♥ Make sure your photos match the story of your bio. If you say you love to laugh, make sure you're smiling or laughing in most of your photos.
- ♥ Ask a trusted friend to review your profile and ask if it "feels" like you.