

NADINE PIAT



# *Digital* **DIVA**

THE **QUICK** AND **EASY** WAY TO  
**ONLINE DATING MASTERY**

# DIGITAL DIVA

By

NADINE PIAT



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# INTRODUCTION

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## Why Online Dating?

The quest to find love has now gone viral! More and more people have taken to the internet looking for that love connection to take to the next level. Are you interested in finding love but don't seem to have the time, haven't found the right person, or simply are out of the loop when it comes to the dating game? Well, you're not alone. Today there are more than 50 million people that take to internet dating sites to get their feet wet, and hopefully find true love.

Research has show that about 40 million out of the 54 million single people in the US have tried online dating. Of those 40 million people 20% of them go on to have very successful dates, relationships, and marriages. When you think about those odds, you can see why more people are curious about how far cyber love can take them. If you're an online dating skeptic, perhaps talking about the pros and cons of setting up a profile might convince you to give it a good old fashioned try.

## Pros of Online Dating

So besides the fact that you have a 20% chance of finding Mr. or Mrs. Right, what are some other reasons that online dating might be beneficial?

- ★ **You save time** - No need to go out on date after date to find your potential match. Online dating allows you to save time and find the perfect partner online from the comfort of your own home.
- ★ **Takes the guessing away** – Ever go on a blind date? Or just a first date in general and not know much about the person? Well online dating takes away the guessing factor and allows you to know firsthand the type of person you're going to be meeting up with.
- ★ **More Intimate** – When you see someone in the bar that you are attracted to, the initial date is simply based on physical attraction. Online dating allows you to get to know the person on a deeper level to determine whether or not you're a good match before you ever go out on that first date.

- ★ **Its safe** - As long as you practice internet safety, online dating can be really safe. You don't have to share anything with your potential match that you don't want to. This includes your phone number, or address. This way if they turn out to be a weirdo, you don't have to worry about someone stalking you.
- ★ **Rejection is less painful** – Being rejected to your face can be devastating. Online dating sites allow rejection to be much easier to get over. If your ideal person is not into you, you can move on as there are obviously other profiles out there to view.
- ★ **Better Variety** – When trying to date on your own, you only run into people within your immediate community. When you date online, you have millions of profiles to go through and they are all around the world which makes for a better variety of people.

## Cons of Online Dating

Alright, so while online dating is the new trend, there are some cons that you should be aware of.

- ★ **Mysterious** – So you could end up meeting your match online and talking for a long time only to find out that when you meet them in person, they are nothing like what they portrayed to be. So because there's no lie detector involved to set up a profile, you have to be understanding to the fact that what you see may not be what you get.
- ★ **Addicting** – There are some who are so destined to find love that they spend hours upon hours searching through sites and every waking moment is spent checking emails to see if the right one has left them a message.
- ★ **Costly** – Depending on which sites you opt to use and how many of them you create profiles on it could get pretty costly. Some dating sites have free profiles with limited abilities, and for more abilities it can cost you anywhere from \$10 to \$100 or more.
- ★ **Can be unsafe** – While online dating can be safe in that you don't have to disclose personal information if you don't want to, it can still be unsafe if not used properly. You could end up thinking you're meeting a doctor, only to find out that you've met a criminal and this could potentially be dangerous. Follow my safe rules to avoid this.

- ★ **Time consuming** – Earlier I mentioned that online dating can save you time. Online dating can also be time consuming – that is if you don't know how to do it in a way that is time effective. No point spending hours and hours reading and writing emails. I will go into this later.
- ★ **Fickle** – People can become fickle and one of the downsides for online daters is that when you have so many perceived “potentials” you can dismiss people who might be your match. You might be holding out for perfection.

As you can see, the pros definitely outweigh the cons when it comes to online dating. And if you're really ready to find someone to love, this might be your best avenue to try. As long as you practice safe online dating, you can eliminate the cons and be left with nothing but the possibilities of scrolling across your soul mate's profile pic. All that's left is to get started.

## Are You Mentally Ready?

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**B**efore you begin browsing potential sites and setting up profiles there is something you must ask yourself - are you ready to begin dating? You really do have to be in the right frame of mind before you embark on starting a new potential relationship. If you're not right mentally, no matter how many potential matches you find, it will never work out. The only way for any new relationship to flourish is if both parties are mentally prepared.

I had a friend who had just broken up with her fiancée of three years. She had only been broken up with him for about three weeks and was adamant that she was ready to begin dating again. While I strongly advised her against it, she insisted that she was over her ex, and ready to get back out there again. So she began dating a new guy and of course the beginning is most often sweet and romantic. He took her out on dates, he held doors for her, brought her little gifts, told her how much he appreciated her, you know; everything you might expect when the relationship was new. About a month later, she came into my office crying.

Her new guy had told her that she was "too needy". She wanted him around her 24/7 and while he enjoyed her company, it was just too much for him to take on. She thought that he was wrong and was looking for an excuse because he was not "man enough" to handle commitment. When she calmed down from her venting, I simply asked her one question. Were you really ready to embark on a new relationship? When she thought about it, her answer was no.

Sometimes we think we are over things, but when we dig deep enough we find that we are not. If you are not careful in making sure that you're mentally ready for a new relationship, it could turn around to bite you in the rear end. You could push away your potential soul mate, because you're still holding onto baggage from your past. Below are a few things to ask yourself to determine whether or not you're ready to start dating.

- ★ **How long has it been since your last relationship?** – While there is no set time limit on how long you should wait before you begin dating again, just consider taking a breather before jumping into the next one.

You may even feel good within yourself and happy that the relationship is over, either way now is the time to clear out the cobwebs and get clear about what you want for your future love. If you've only been broken up for a few months, give yourself a bit more time to sort out your feelings. Some people jump online only days after ending a relationship and it's rarely a healthy way to meet someone.

*I have a personal story that relates to this very point - I met a guy online who was not honest about how long he had been broken up from his ex. In the first two weeks he told me he loved me, which I told him was nice to hear and also something that I was not ready to say yet, which he understood. At that moment I knew that something wasn't quite right.. We weren't physically involved, and by that stage we'd only gone on about 4 dates. During the following week his ex began calling him saying she still loved him. He was not honest with himself nor me about how he was feeling. He was meeting people online to fill a deep void. In the end I found out that he had been catching up with his ex and was lying to me - we parted ways. After we broke up he got back with his ex, they bought a house, it didn't work out and they were now in a legal battle over the house! He contacted me to tell me that he was now ready for something with me. My goodness, understandably I didn't venture back there. So the moral of the story is - be honest with yourself and with others."*

- ★ **Do you still have feelings for your ex** – If you were with a person for a long time, feelings do not just go away because you're no longer together. Now I am not saying that you need to have feelings of your ex rotting in hell in order to be over them. However, if you're still in love, heartbroken, or holding out hope they will return; you should give yourself more time.
- ★ **Do you compare your ex to others** – No person is the same, therefore, no person is going to treat you exactly the way your ex did. If you find yourself comparing others to your ex and how they treated you, sit back and wait a while before starting a profile.
- ★ **Do you stereotype everyone based on what your ex did** – If your ex cheated on you, do you now believe that all men or all women will cheat? If you're in this mode, you're not yet ready to move on. Going into a relationship with guards up such as lack of trust can only tarnish your new relationship.

- ★ **Are you still upset with your ex** – Of course no one wants to be dumped, cheated on, or wronged in any way, but if you're still walking around despising your ex with a vengeance, you need to cool off or else your anger could rub off on your new potential love. Or maybe you have regrets, maybe you blame yourself for why things didn't work out. This is not healthy either. Stop blaming them or yourself – focus on healing, learning and moving on.
- ★ **Do you find yourself talking about your ex a lot** – This does not have to be in a positive way either. Do you find that you speak about what your ex did, how terrible they were to you, and how you wish you had never wasted your time on them? If your answer is yes, you're not over them. When you're truly over someone, they are no longer a factor nor do you waste the energy to talk about them.
- ★ **Are you nervous about being alone** – some people jump from relationship to relationship simply because they have a fear of being alone or the need to be validated by their role in a relationship. If you're trying to move on just because you're bored.... Wait, now is not the time to start dating.

If you answered yes to ANY of these questions, give yourself some time. When asking yourself these questions you really have to be open and honest about them. I mean, it's not like everyone is going to know what your answer was, you just have to be honest with yourself. Take a lesson from my friend and also many a client of mine. If you lie to yourself and try to move on before you're ready, it will most certainly come back to the surface in your new relationship.

Think about your new potential soul mate. Is it fair for them to have to deal with your past views and hurts from your ex? Resentment, distrust, anger, depression, and insecurities are all common feelings to have after being in a relationship you once cared about. It takes time to get past these things, and everyone is different. My advice before starting your online dating profile is to really heal so that when you meet that special someone, you're ready to give them all of you, and not someone who is broken winged. And once you've done the work on you you'll also attract more suitable partners. When someone is "broken winged" they can choose partners that are not great for them and they can end up in a worse relationship than the previous one.

I want you to experience real love - passionate, kind, healthy, committed and intimate love.

## ★ Two ★

# Dating Site Options

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Once you've decided you're ready to move on and get back to dating, it's time to find a dating site! The problem is, there are thousands of sites out there that claim to be the best dating sites for singles. How do you know which one to choose? Choosing the wrong dating site could be a waste of money, time, and energy, not to mention it deters you from wanting to join another site. There are sites that are free of charge but don't really get many members or not necessarily quality members, and there are sites that can cost several dollars per month that get millions of members. There is a method to the madness. Finding the best online dating site will require only a few things. Below, are a few of the top rated online dating sites and a few reasons why.

### **OkCupid**

This site has been rated at the top of many review sites. The online dating site combines social networking, compatibility testing, and online dating on a platform that is free of charge to its members. You create a profile and you're able to create matching questions to better find your next date. The great news about this site is no matter who you're most compatible with, you're able to contact as many people as you want.

### **eHarmony**

I'm sure you've seen a television commercial or read about it online, eHarmony is quickly rising to the top as the number one match making site. They have a compatibility matching system. By utilizing twenty nine varied personality traits, they're able to determine who is best compatible. The downside to this site however, is that you're only allowed to contact those that you're viewed to be a match with. Not to mention, you're matches don't come up instantly, some members have been known to wait a few weeks before getting matches. Also be warned that the price for this site is very pricey compared to others.

## **Lavalife**

When you think about versatility, you have to consider the online dating site known as Lavalife. Daters are allowed to create a profile and state what they're looking for. For instance, if you're just looking for conversation, dating, relationships, or intimate encounters you can opt for that. Another great thing about this site is that paid users are allowed to utilize certain features not found on other dating sites including video chat.

## **Plenty of Fish**

Another free dating site that has been in the online business for quite some time is Plenty of Fish. There are plenty of features for users to try out including compatibility questions, and buttons that allow you to see who's been viewing your profile while you were away. This site is great in that there are users from around the world online each and every day. Whether you're looking for friendship, companionship, or love, you can find it here.

## **Match.com**

This site is consistently ranked among the top five online dating sites in the world. The site has free and paid services that allow you to search databases of members, chat, send messages, and hopefully find your true love. The site prides itself on helping 250,000 people per year find their match.

## **What to Look for in an Online Dating Service**

Now if you don't like this list of dating sites you're more than welcome to find some on your own. My suggestion would be to first determine how to go about looking for a dating service so that you don't end up wasting your time and money. You must understand that dating sites can vary tremendously. It doesn't necessarily mean that one site is better than another, but each site has certain focuses that can be different.

There are some sites that focus on helping people find long-term relationships, while others are designed for hook-ups and more casual affairs. Some sites tailor to a specific personal interest or age group. I have a client who heard some favorable feedback about a site that was not as well known as the bigger players and she found that the caliber of men on that site were a lot more suited to her. In the space of a month of being on that site she met a well matched loving partner.

In addition to that, there are sites for people who love horses, sailing, adventure or even those with the herpes virus and so on. There is no harm trying out a couple of sites to diversify your love scope.

Here are some key things you should consider to make the best decision.

**Search Capabilities** – When you want to search the site for your match you don't want to have to go through a lot of trouble. Dating sites should be able to quickly produce search results for you, and should have features that make searching easier such as characteristics.

**Ease of Creating a Profile** – No one wants to spend hours trying to create a profile to begin meeting singles. Therefore you want to find online dating sites that allow you to take a few minutes and create a great profile. Some sites require a series of tests to be taken as well as questionnaires. If you're really into answering all the questions before you can enter the site to search, that's fine, however, most new members just want to post a few things, add some pictures and begin searching the database.

**Compatibility Analysis** – Some of the best dating sites do more than let you create a profile. They also help you find people that you would most likely be compatible with. When looking for a site to join you want to find one that is going to help you in narrowing your search to true love, and even provide you advice and tips on how to attract them.

**Membership Features** – when you create a profile you intend to use it to the best of your abilities. Most sites have basic free memberships that allow users to browse the database with limited features. Other paid features might include services such as background check, instant message, emails, chat services and more. The better the features are that you're allowed to access, obviously the better chance you have of getting the most out of the site and finding someone that you really click with. Make sure you're clear of the costs involved.

**Site Navigation** – No one wants to log onto a dating site and have no idea what they're doing, how to find matches, or even how to create a profile! You'd be surprised at how many sites are exactly as I've described. Therefore, when looking for a site that best suits you, remember to find a site that is easy to use.

These are just a few of the things you should consider when looking for the online dating site that is right for you. Other things you might consider is location, as some dating sites are focused in a specific area. You could also

choose a site based on preference in gender. There are some sites that cater to the gay/lesbian community which might give you better chances at finding your match. So there you have it, a few sites to try and criteria on how to find the best one for you. Once you've found a site you're going to try, the next step; creating a profile.

## ★ Three ★

# Profile Writing

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### Handle or Username:

For most dating sites your handle is the same as your user name. What's important to note is some website can be a little confusing - when you're filling out your profile with your full name you might not realise that your name becomes your profile name. Sometimes it's worth using a different name even in the set up part of the backend. Best to have a look at the site you're signing up to and see what others have or have a read of their instructions. Having said that, more often than not you get to choose your own specific handle or profile name.

I recommend that you use something generic that does not link to you. A lot of people use their birth year and even their first name or surname as part of the handle name. For example: 'Shelley72' or 'MissPeters1960' - I do not recommend using any specific personal details. Be safe. Online dating and meeting people out and about is the same. You don't know them. There are plenty of genuine people online and then there are the ones that are not so genuine, so keep yourself protected.

Try making your handle unique, it also needs to be personal, interesting and can be reflective of who you are. Some people use their handle name as their name for a while before they actually let the person who their real name, so you want your handle to be relatively easy to pronounce, such as:

★ SwimmingBeauty	★ Sweet&Sporty	★ HealthyWonder
★ StylishJewel	★ BallerinaGal	★ DanceLoveLaugh

### Tagline:

The tagline normally appears just below the username or profile handle. A tagline is somewhat like a one liner that can give the person a good idea of who you are. Some people use quotes and movie lines that are catchy. Although some quotes can be cute and funny, I prefer to read something original. It depends on what you're looking for. Some men are more visual

than others, meaning that they mostly go off the photos, so a good tagline may get his attention and encourage you to read his profile.

See the following page for some real dating site examples:

**Outdoorsgirl76** ★NEW

36, Female, Single, Sunshine Coast, QLD

Profile

Contact history

Compatibility

More options

Looking for a man with a great sense of humour!

I'm an easy going person who loves people and socialising but also like to enjoy the quiet and my own company. I love to travel but don't get the chance as...[Read more](#)

**This Yin is looking for her Yang!** West Hollywood, California

"Whether one is rich or poor, educated or illiterate, religious or nonbelieving, man or woman, black, white, or brown, we are all the same. Physically, emotionally, and mentally, we are all equal. We

**KaramelKween 43** Looking for a relationship. **Online Now**

**LaDolceVita7**

43, Female, Divorced, Sydney - North, NSW

Profile

Contact history

Compatibility

More options

I think my Prince Charming took a wrong turn, got lost & is too stubborn to ask for directions, so I guess I'll have to settle for a Knight in Shining Armour...

**SydneysRose** ★NEW

40, Female, Single, Sydney - West, NSW

Profile

Contact history

Compatibility

More options

So Babe, when are you going 2 get Me Off Here!!

I am fun, sensual, passionate and open minded. Love learning, exploring and experiencing new things in life,I enjoy the outdoors/indoors whether its enjoying...[Read more](#)

## **What's Your Target Market:**

Before you start writing a profile it's important that you know what kind of man and relationship you are looking for. How you write your profile will determine the kind of man you attract. The way you write your profile will delight and entice the kind of man you're looking for and dissuade the men who are not on the same page as you. For the women reading this and who have bought my program, I know that you want love, right? So make that clear in your profile and make sure your photos also reflect a clear message of what you're wanting.

Most sites ask you to select what you are looking for – dating, a relationship, something casual, friendship, etc. Even if they have this option, what you personally write in your profile will determine whether those things are true.

## **A Confident Profile:**

Sometimes the trickiest part of completing a profile is writing the personal ad. With so many ads on dating sites you want to aim to be a little different or at least not have a cookie cutter type profile, meaning not the typical standard read.

The first step is to be confident that you've decided to engage in online dating. So many people lead with this kind of line - *"I'm new to this online dating thing, not really sure if it's for me, but hey here I am"*. What's the point of writing that?

Don't be embarrassed that you're online. OWN IT! It's become the norm and be proud that you're making an effort to find love. You don't have to justify why you're doing it. You're not desperate, you're in it to win it and there is great love to win, and about 70% of the people online want pretty much exactly what you're wanting... LOVE.

## **Writing The Profile:**

It's important to reflect your personality and character traits that make you who you are. It is this kind of information that would make a more compatible type of man take notice. There are many profiles that read the same or similarly. In addition to what I shared above, here are some common things both men and women write that I suggest you avoid:

- ★ “I’m easy going”
- ★ “looking for love”
- ★ “I like to chill on the couch watching a movie with a glass of red”
- ★ “I don’t like writing about myself, but here goes”

You are uniquely special and beautiful so avoid the clichés and make an effort to show the real you. If you find that you’ve not got much to say or you’re not doing much in your life other than working and/or looking after children, then this is a strong indication that it’s time to change things up and get out and explore life and yourself more. You can also ask some friends to help you describe who you are, your strengths and so on.

The kinds of things you can include in your profile are:

- ★ There is nothing better than waking up fresh on a Sunday morning and heading to the coast for a swim and breakfast.
- ★ One of my interests is architecture. I love looking at historic buildings and am fascinated by the craftsmanship...
- ★ People tell me I’m funny and have a quirky sense of humor.
- ★ Being outdoors is my thing, I prefer exercising in the fresh air than being in a gym.
- ★ I love talking, philosophy and hearing other people’s perspectives on things.
- ★ I love going to musicals and seeing live theatre performances. I love the energy of live performances!
- ★ I am addicted to cucumber with honey and cashew butter.
- ★ I am known to sing (loudly) in the shower.
- ★ I love comedies, anything that makes me laugh works for me. (or movies by a particular writer/director)
- ★ I love the feeling I get when I go hiking in the mountains. I feel an amazing sense of peace.
- ★ On the weekend I enjoy a cycle around the city, nothing serious, just a leisurely ride with a stop at a great coffee shop for breakfast or lunch.

- ★ Once in a while I love to get out and dance, even at home – I think it's so important for the soul and it's fun!
- ★ One day I really would love to bungee jump or skydive or climb a certain mountain...

So you're probably getting a good idea of the kind of things you can write that makes you unique. Try to add a little bit of humor to show people that you're friendly, fun and approachable.

Also, do have a look at what other members are writing for some inspiration. Most members are just as time poor and busy as you and don't have time to read every profile they see, some people just do a quick scan. With this in mind it's worth adding some words that stand out... some eye-catchers. Maybe a word or two in CAPS (not too many), add country names, sporting teams or movies you love.

i.e. You could write...

#### **Here are some things I LOVE:**

- ★ *Crepes with lemon and sugar is one of my favorite desserts.*
- ★ *My dog PEPPER sleeping with her head on my lap*
- ★ *Morning runs around the city*
- ★ *The south of France*
- ★ *Laughing till my stomach hurts*

#### **What not to write:**

Avoid sounding sour, bitter or broken hearted. No point whining about life and the past. No one looking for a healthy woman/man wants to read this. Most of us have at some stage have had challenging times in life and in love and now is not the time to air your dirty laundry. If you feel hard done by by men then you may need to do some more healing and grieving. See a professional and get some help. You want love, so show yourself some love by investing some time in recovering and by letting go of the past.

When you know what you're looking for you'll not only attract more suitable men, you'll also know pretty quickly know who is and is not a suitable match for you.

Be clear about what you want, not what you don't want.

#### Example 1

***Don't*** - I'm sick of meeting men that are emotionally closed and only want one thing. Don't waste my time!

***Do*** - I really value a relationship that is real and authentic. Open communication is important to me and so is having fun getting to know someone.

#### Example 2

***Don't*** - I don't like men who are couch potatoes who sit and drink beer in front of the TV every night. My ex was an alcoholic and I don't want that in my life.

***Do*** - I love being active and getting out and about so I'm looking for someone who is like minded and ready to join me on my little adventures. I'm not a big drinker, so I'm looking for someone with similar health and lifestyle values.

Following are a selection of some good profiles that may assist you in writing yours: (see next page)

### **Profile Example 1.**

#### **Where do all the odd socks go.....**

Ok here goes...I am a very independent chick when it comes to running my life and I love being with friends and family, especially my kids of course. I guess I could say that I re-fuel in life from being with people or being with that special someone...but that's the finer detail missing at the moment.

I'm fiercely loyal, resilient, family oriented, reliable and honest, outgoing and confident in my cheekiness :) I work in the cosmetic industry and have done so for many years although you may be surprised by exactly what I do. I am a girl that likes to always look her best but I am not a subscriber to the princess mentality...I can rock a mean pair of trackies and slippers too!

I enjoy cooking for people and with friends when possible. I'm no masterchef but can follow a recipe and am always the household with the fridge and pantry stocked full of loads of yummy food and drinks. It's the Italian mamma in me! I do have a slight kitchen retardation however as I can be somewhat clumsy and always end up cutting or burning myself...or sometimes kind of starting a fire...but it's ok cause I give it my best shot!

I love to go walking just about anywhere...park the car somewhere, get out and just explore. I'm sure there are so many parts of Brisbane that I've never even seen so if you are a good old fashioned gentleman that might like to take me on an adventure I'd love to hear from you.

## Profile Example 2.

### Because I wanted to try something new!

I'm quite a social person and tend to keep myself fairly busy, usually catching up with friends. I love love love my food and wine, so checking out new places to eat in and around the city is definitely a hobby of mine. Kind of a walking contradiction as I also enjoy keeping fit and healthy. The flavour of the month is long distance running, especially along the beach, but have dabbled in pretty much most sports in my time! Oh, and I love to travel! I've lived in Canada for a snow season before moving to London where I worked and travelled around Europe.

I am looking for someone who shares the same passion and interests at me, but who can also bring something new to the table. Someone who likes to try new things, has a sense of adventure, is down to earth and can make me laugh.

I think that is fairly brief summary of myself and what I am looking for! Email me if you're interested and would like to know more :)

## Profile Example 3.

Here is an example of a profile that gets a lot of compliments from men. This profile was written by a client/colleague of mine and she has let me share it with you:

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### Like attracts like...Engaging, articulate, energetic, [edit](#) kind, thoughtful, intelligent, stylish, attractive and aware...is this you too?

Over the years I have spent some time living overseas and interstate. Even though I currently live in [REDACTED], I've been building my business in a way that will allow me to work wherever I choose (online business) - and therefore I am open to meeting someone who lives in another city, particularly [REDACTED] as I have a lot of wonderful friends in [REDACTED] and I spend a bit of time down there. That said, a [REDACTED] based man in fine too.

I think that it's really important to connect with the key people in my life, so some common values are essential for me. I care about my health, enjoy being active, I like adventure and I also know how to relax. I really love being near the ocean, especially around dusk and dawn, and I also love ocean swimming.

My ideal partner would be someone who has a great sense of humor, grounded, healthy, a great communicator and able to be introspective and show humility (as I believe I do these things relatively well). I am very youthful in appearance and come from a family of youthful women (on both sides)... so, I would be happy to meet a man that is a little younger than me.

I would definitely like to meet someone who's looking for a solid relationship, however I believe building a friendship is a good place to start. Sometimes you get a sense of knowing in an instant - other times the beauty and magic is revealed a little later. It's a matter of meeting another who's truly at the same stage of the life path as you - ready to connect and be in a healthy, fun, connected relationship.

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In summary, write a profile that is not too long and not too short. Stand out from the rest by letting people know what makes you unique. Be honest and at the same time you don't have to reveal everything about you.

Give it a go and you can always ask for someone to help you put together a love-winning profile.

## ★ Four ★

# The Dos and Don'ts of Profile Pics

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You might be wondering why if I've already given you profile advice would I need to create a specific chapter all to profile pictures. The reason; so many people are either attracting the wrong attention or getting overlooked because of their profile pictures. I cannot stress enough how important pictures are when you're trying to find someone online. I've seen profiles where the pictures are too much, not enough, or non existent, and all of these are sure to end in disaster. Think about it, your first impression when trying to online date is your profile and your photo. So how do you want to portray yourself? Below you'll find a few profile dos and don'ts to help you out.

### **Profile Picture Don'ts**

Since there are a lot more don'ts on my list than dos, I figured it was better for me to start out with the don'ts.

#### **Too much exposure**

This is a huge topic which is more geared towards the ladies. You don't know how many times I've heard women say that they can't figure out why they keep attracting men that are only interested in one thing. Yes, eventually all men and women are going to want sex out of the relationship; it's a part of being in a committed relationship. However, wanting it on the first date is likely a matter of how you presented yourself online. If your pictures are showing all of your "assets" why wouldn't someone try to get them? Leave some mystery and imagination.

What women need to understand is that "real men" the kind that are looking for a future wife, are not going to click on a picture of a women in a bikini bent over a hot rod car in a sexy pose. Yes, that is amazing to look at, especially when you have that attractive figure to pull it off, but it is not what that type of guy is looking for, that is unless he's up for some fun along his way to meeting Miss Right. Healthy men are looking for a woman.

When a man is looking to settle down, they don't want the virtual world to have seen everything that their potential wife has underneath her clothing. So ladies, the skimpy swimwear, mini skirts and shorts, low cleavage shirts, and "porn star" quality poses have got to go. Unless all you're looking for is a fling or a one night stand, this will not attract the right person. I have seen so many women do close up pictures of themselves wearing underwear and even pics with lots of makeup, false lashes, lots of lipstick – the super close up selfie. They typically look tacky. I have also seen women post up images that are taken from a low angle that make them look 20 pounds heavier.

Get a friend to help you take some images that reflect you in the most flattering and also honest way.

## **Dated Pictures**

There is nothing worse than talking to someone online for a while and deciding you want to meet them, only to find that they look about 10-15 years older than their pictures! I've heard it happen so many times that I had to make this a profile don't. When you're looking for someone to date, you want to know what they look like today, not what they looked like when you were in high school on the football team or years before you had a child and grew that mid section.

Posting dated pictures to your potential matches is the same thing as lying about who you are. Just imagine if someone told you that you were going to go out on a date with someone that looks like Brad Pitt, and when you show up you're really going out with a Bruce Willis look alike. Now am I saying that there is anything wrong with Bruce? No. However, what I am saying is that when you're expecting one thing and you get another that is way off from what you'd hoped, it can go really wrong really fast. While the person may have very well liked you for who you are today, you've tarnished your reputation by presenting something different. People get annoyed – you would too. What happens is this; they have imagined that you will look a certain way and if what they see is a huge contrast their brain has to work really hard to catch up and it might be a gap that's too wide to cross.

## **Ex Cropped Photos**

What do I mean when I say ex cropped photos? I have a younger cousin who was just getting out of a long term relationship and really wanted to try her luck at online dating. She created a profile and added an array of pictures.

She began sending out emails, liking profile pages, and getting involved in finding a match. After about a month of trying, she couldn't figure out why many of the men were not showing interest in her. So she asked me to look over her profile for her and see where she might be going wrong. What did I find when I clicked on her page?

All pictures of her with her ex cropped out of them! If this isn't a tell tell sign that you've not fully moved on from your ex, I don't know what is. I mean, her main profile picture was of her dressed up in what appeared to be party wear. She looks great with the exception of the arms of another man covering half of her body. To me, this symbolizes that she was not ready to begin dating, and her cropping her ex out? Well, that was her going through her "angry" stage in the relationship.

There is no reason that you shouldn't have nice pictures of yourself without your ex in them. Technology is too advanced for me to believe that you cannot go out and take a few pictures of yourself for your profile. When people see cropped out pictures, they sometimes envision themselves as the person that will one day be cropped out. It shows that you haven't been out and had a good time since your ex, which is also not a good thing. This really applies to any pictures of the opposite sex next to you. Some sites allow you to post pictures with other people in it, some do not. Regardless, avoid this and avoid having part of another person's body in the pic.

## **Profile Picture Dos**

So now that you know what you should stay away from, let me give you a few pointers on how to get noticed without getting the wrong attention:

- ★ Get a nice close up of yourself for your main picture. Warm, open and approachable.
- ★ Post enough pictures for people to get an idea of what you look like and what you enjoy doing. If you only post one photo you run the risk of that person not liking that one pic, he may find you more appealing in other shots so make sure there's some variety. I suggest posting 3-4 images minimum. I also suggest that you meet men who have more than one image. This is not an absolute rule, just be mindful - that one picture he has up could be the best photo that he's got and it may make him look 60% better than he is.

- ★ Post pictures that represent who you are – showing you doing or engaging in different activities. Keep it varied. Not all action, not all playful, not all sexy. Show some that are more natural, some more dressed up, etc.
- ★ Post updated pictures (within that last 2-3 years)
- ★ Post realistic pictures about you without cropping, editing, or photo shopping for better results
- ★ Make sure that all posted pictures have a nice background (there have been plenty of people who post pictures in their bedrooms that look a real mess, this makes for an unattractive photo and takes the attention away from you)

A picture is certainly worth 1,000 words when it comes to online dating. It is what in most cases will draw your matches in and get the ball rolling. The wrong picture could leave you looking for love for a while, but the right picture could get you a list of potentials that you'll be pleased with. So before you go posting a picture of yourself on a drunken night of mischief, just remember to ask yourself, who am I trying to attract and what am I trying to portray about myself?

## ★ Five ★

# Advice for Saving Time

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So you've got your profile completed, your pictures are posted, and now you're ready to begin searching for your one true love! It can be really exciting in the beginning to browse the site and see all the attractive potentials that are out there. You could spend hours in front of the screen browsing page by page looking at match after match. This might be fine for the weekend, but what about times when you have other things to do? Online dating is never supposed to become a chore. When you have to log on every day and check your emails and browse for new potential matches, it can seem like too much to do. Many either become addicted to the online dating scene while others become discouraged claiming that it takes too much of their time.

The good news is that there are features on most memberships that allow you to save time and still be in the loop of every person that is a match. Below are a few tools you should use to minimize the time you spend sitting in front of the computer screen looking for love.

### Set Your Preferences

Now based on the list of online dating sites I gave you, there are sites that have hundreds of members and sites that have millions of users each day. You can't possibly look through a million profiles in one sitting, or even two for that matter. I mean, when you think about it, out of a million singles on the site, how many of them are actually a good fit for you? To avoid the long hours of searching and the frustration from browsing through disappointments you should set your preferences. Of course you could join a site that does most of the work for you, such as eHarmony. They will only send you matches that match your personality/character profile.

- ★ **Gender** – select the gender you're looking for
- ★ **Race** – While some don't mind race or ethnicity choices, if you do have a preference you should put this in so it narrows down your search.
- ★ **Religion** – What is your religion? Do you want someone that shares the same beliefs?

- ★ **Location** – This is a big one that can mean the difference between millions of potentials to just a few hundred. Some sites allow you to selection a mileage within the destination of your choice. So for instance, if you're looking for a match no more than 30 miles away from your location you can place this as a preference.
- ★ **Build** – For some body type is important. Decide if you're looking for someone who is athletic and built, or someone who is average and healthy?
- ★ **Age** – this is another great way to save time and narrow down your search. Age is very important and putting in a range is the best way to only date within an age group that you're comfortable with.
- ★ **Relationship status** – now this could be past or present. Are you willing to date someone who has been married before or do you want someone who has never even been engaged?

## Set Your Reminders

Another great way to save time with online dating sites is by setting your reminders. Reminders or notifications are email messages that will show up in your linked email account when something new has happened on your profile. This saves you from having to log on every day to see what is new. There are several different kinds of reminders you can set, and most sites allow you to determine how often you want to be notified.

- ★ **Someone has viewed you** – This notification lets you know when someone has looked at your page. Some sites allow you to see who viewed your site so you can check theirs out as well.
- ★ **Someone has flirted with you** – Many online dating sites have flirting features that allow users to send a 'kiss', 'wink' or cute flirty message to a profile they're interested in.
- ★ **Someone marked you as a favorite** – There is nothing more flattering than being in someone else's favorite list☺ This means out of all the profiles they've viewed, they're really interested in yours.
- ★ **Someone sent you a message** – This reminder is self explanatory.
- ★ **We've found new matches in your area** – this notification means that based on what you're looking for, there have been new members that fit that profile.

Setting reminders can really be the best way to cut down on the time spent searching through the online dating sites. Another suggestion would be to set the reminders as frequent as you'd like. Many members check on the weekly basis and so setting your reminders for once per week is also a way to make sure that you don't become consumed with the internet and your email account.

## Be Savvy with Communication

Once you've set your preference you're going to get interest coming in. The way you communicate will greatly affect your online dating experience, and you can go about it a couple of ways:

- ★ You can spend weeks and months talking and writing to potential's, or
- ★ You can speed up the process by eliminating or meeting the person sooner rather than later.

Following is my 4 Step Winning Formula:

1. **Searching** – As mentioned in chapter 2, there are different types of sites. For the dating sites in which you need to do the searching, *initially* I suggest you spend some quality time having a good look at who's out there. Have a good look at their preferences, wants, desires. Focus on looking for men who seem healthy minded. Once you've had a good look you can send out some expressions of interests. I would suggest you send about 5-20 expressions of interest. How many favorable responses you receive will depend on how well your profile is perceived. People will make assumptions and judgments based on what they see and read (as you probably will). After your initial couple of times on the site, you shouldn't really need to spend too much time trawling profile after profile.
2. **Who Pays For The Email?** Should the man pay or doesn't it matter? It depends on the site. Some of you will be paying a monthly fee, others will be charged per email. If it's per email, then it's okay for women to email the guy. Ladies, don't be too precious. Once he's indicated that he'd like to hear from you, don't be shy and expect a man to write to you - spend some money, take the initiative and email him. Sometimes a man will surprise you and email you first, either way, this is not one of those situations when a women should think that if a guy is interested he should lead and drive the first real point of contact. Online dating generally doesn't work that way.

3. **Numbers Game** – I suggest you don't actively communicate with more than 3 to 5 men/women at any one time. If you have too many on the go you run the risk of confusing yourself. Once you have 3-5 potentially suitable matches I suggest you pull back on communicating with any new people. Just for now. Otherwise you can get caught up in the online "fantasy" world and not give anyone a proper chance. Dating is a numbers game. You've got to keep meeting new people and at the same time you don't want to do yourself out of love by juggling too many people at any one time.
4. **Time investment** – When I first started online dating I would write a lot of emails and spend too much time doing this. I would then speak to the person numerous times too – after hours of digital dedication I'd finally meet my *Pen and Phone Friend*, and most often the person I spoke to was not the person I met... well, they were the same person, except how I imagined them to be was not who I was meeting (a mention this again a little later) Until you meet someone you really have no idea of what you're dealing with. So this is what I ended up doing.
  - ★ Send between 1-4 emails MAX - You can prepare email templates for the longer emails that you keep on file, or you can keep your emails short and sweet. You can share a little more about yourself, make some comments about the other persons profile, maybe ask a question or two and wait for a response. After one to two emails you can suggest that you can give them a call. If you're a female you can take the guys number and call them with your number withheld (that is if you want to keep a little bit of privacy/safety).
  - ★ How much time do you wait to respond to an email? Respond when you have time. Ideally within a 24 hour period. Don't play games and don't take it personally if you have not heard from the person of interest. It's online dating and some of the daters out there don't have too much time in their day to write long emails. After the first couple of emails, if the person is inconsistent and keeps disappearing then let them go. They may be married, dating multiple people or confused about what they want. No biggie.
  - ★ Phone calls - speak once or twice then meet. The first call is about getting to know each other. By the end of the call you'll know if you'd like to meet up with them in person. You can then make a time to meet up face to face. If they/you are away or busy for a couple of weeks I suggest you avoid too much communication. As mentioned before – if

you're time poor and you have a couple of people you're communicating with then you don't want to be investing too much time talking to a stranger. A couple of texts to say 'hi' is not an issue. Talking for hours and hours can be counter-productive and can add to an all too common unhelpful online fantasy.

- ★ You might be wondering - If you don't feel a connection via email or over the phone does this mean that there won't be a connection when you actually meet? Should you meet if the communication isn't flowing? There are no absolutes; although my answer to this is it's unlikely that you will be pleasantly surprised. When I was online dating I would sometimes meet up with men who after talking with them I did not think were a match. I was hoping that I was incorrect in my assumption. I would cross my fingers and pray that when we met there would be a connection. 99% of the time my feelings were accurate. They were not for me. Having said that sometimes you can be surprised - some people can look better than you thought, some will look worse, some might be lovely, yet when you meet you feel nothing towards them. There are so many variables and it really depends on what you value and how in tune you are with you.

As you can see there are no hard and fast rules, although these tips will save you time and give you the best chance to meet someone compatible for you.

As exciting as it can be to want to log on and interact with everyone, please keep in mind that you don't want to get addicted to online dating. Too much screen time means less time that you're spending outdoors enjoying life. So reminders, preferences and limiting your "lead up" to meeting communication are the best ways to minimize the time you spend searching.

## Advice on Finding Good Matches

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So even though guys and girls can benefit from this book, this chapter I am really focusing on the women. If you're going to find a good match there are going to be some things you have to do that you might not be used to. Online dating, much like meeting someone in person is going to require more than just liking a person for their exterior. Obviously, you want to connect and find someone that you can spend a lifetime together with.

### The Laundry List

I had a client who was finally ready to start dating again after breaking up with her boyfriend of six years. She was a single mom who worked two full time jobs to keep food on the table and bills paid. She felt like she had been single long enough and was really looking for someone she could settle down with. Her problem, much like many single moms today was that she couldn't seem to find enough time in a day to go out and date. So, I suggested that she try online dating.

She created a pretty nice profile with pictures included. She gave enough information about herself that she wasn't a complete mystery, but she did leave a little room for conversation pieces later. So she goes in to set her preferences and when she was done she couldn't figure out why there were only two results for matches out of the thousands of members the site had and of those two matches, neither was interested in her. So, I asked her what her preferences were:

- ★ Age – between the ages of 30-38
- ★ Gender – male
- ★ Build – Athletic, into fitness
- ★ Height – 6' 1" or taller
- ★ Weight – 200 lbs – 230 lbs.
- ★ Relationship status – Never married
- ★ Parenting Status – No children, but wanted some

- ★ Religion – spiritual not religious
- ★ Income - \$90,000 + per year
- ★ Eye color – brown, blue, or hazel
- ★ Hair color – brown or black
- ★ Location – within 20 miles from her location
- ★ Looking for – a long term committed relationship

Then in her comments section where she is allowed to put a bit more about what she was looking for she wrote this:

*“I am looking for a man that is ready to take on the responsibility of being a husband and a father. I prefer someone that is ready to be there for me and my children and not run off like a little boy. I need a guy that is funny but knows when to be serious. Someone who is financially stable and can take on the role of provider in our life. I would like to date a guy that can cook, is neat, cleans, and is also handy with chores around the house. I want someone who does not believe in cheating and wants marriage. I am looking for someone who is secure in their career and knows how to treat a woman like a queen. I prefer a college graduate with his own house and car. I am looking for someone who is done with the bar scene and the party life and really ready to be a part of a family”*

After reading that, I could see exactly why she had no interests and only two matches based on the site’s filters. I mean, she is looking for the man you find in a movie, and her comment section looks as if she is looking for a baby daddy and husband to take care of her and her children. While all of these wants are legitimate, it might be a bit intimidating to a guy who is really looking to get to know you first before taking on such a HUGE responsibility of a readymade family. Her preferences were so specific that no one had everything she was looking for, and until she was ready to change that, she’d stay single forever.

## **Be Open Minded**

Listen ladies, we all have these movie star images of what we want our potential guys to look like, act like, and represent, however, no one is perfect. If we hold on to that laundry list for too long, we might find ourselves alone. Sometimes we have to let our guard down and be more open minded about what we’re looking for. Just as I explained to my client, “you’re looking for a

rich guy that wants to play husband and daddy from day one. What if you're pushing away Mr. Right because he is not athletically built and does not make that much per year?"

Yes, there are things that should be important to you. Yes, my client is entitled to state what she wants and also for stating that she wanted someone that was willing to be committed to a woman with children. However, her profile was not approachable – to a man it would come across as though she was already placing limitations and responsibility on him before she even said hello.

Go through your laundry list of requirements and see which ones you could deal without. I mean if you're doing alright financially on your own, why does a guy have to make hundreds of thousands of dollars in order to please you? Or if your child's father is still in their life, do you really need to advertise you're looking for someone to take care of your children? Yes, you want someone that loves kids and would respect your children, but do you really need them to raise your child? And if you do, do you have to present that right now? A man who doesn't want to meet a woman with children probably won't be interested in communicating with you to begin with. A man who is communicating with you and showing interest is doing so knowing that you have children and knows that the children come with the package.

Before you go asking for this picture perfect all around family guy and millionaire, you need to take a look in the mirror and see if you would fit the bill yourself. For instance, my client said she wanted a guy who didn't have children, yet she wanted a guy that would take care of hers? How fair is that? Really dig deep and get rid of the preferences you could live without. When I finally convinced my client to do this, within three months she was going out with a guy who was nothing like what she described in the beginning, yet she felt it was a great connection. A year later they were engaged!

## ★ Seven ★

# Online Dating Safety

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Online dating can be the best way for you to find new singles in your area and hopefully find your one true love. However, just as the internet presents dangers, so do online dating sites, and it is extremely important that you safeguard yourself from the many dangers that can be out there. I have heard too many horror stories about online dating gone wrong including, identity theft, assault, and more. Therefore, I've come up with ten suggestions that you should follow closely and carefully to protect yourself while looking for love.

### **Go with Your Gut**

Instincts are very powerful when it comes to determining whether or not something is right. When you find someone that is trying to connect with you, trust your gut with knowing how far to take it and how much information you would disclose. If through your email, chat, phone conversations you don't get a good vibe from the person, you should listen to this gut and go the other way. If you get to the point of meeting someone in person and it doesn't feel right, you should not be ashamed to gently go the other way.

### **Don't Disclose Personal Information Too Soon**

You don't know how many times I've heard of girls and guys providing their phone number or home address to someone only to find out that they're some sort of stalker that won't leave them alone. Things such as your home address and phone number are all easy ways for people to learn more about you. The internet now has features that allow people to find out where you live, how much income you make, and who lives in the house with you just by doing a phone number search. Even giving out your first and last name too soon could land you in a pickle as people can find out where you work, your social media sites, and who your friends and family members are. So when you first start out meeting a person online, keep it strictly to emails and chat until you're more comfortable with who you're talking to.

## **Asking for Money**

Never ever give someone money, EVER. No matter how believable their story is. If you are communicating with someone who starts hinting that they need money then you've definitely got to be wary. No man or woman should ever suggest that you assist them financially, nor should you feel as though you need to. There are plenty of men and women who prey on insecure, lonely and needy people online. They know that there are people who are naïve and desperate for love and that some people will give a total stranger financial assistance. Beware, they are normally trying to woo many a woman simultaneously, waiting for someone to give in. And this can be an organized crime operation with fake pictures, fake names and fake stories. Anyone looking for real love will not need you to dish out money to them.

## **Create a New Email Account**

If you have to have a linked email account for your membership on a dating site, be sure that you create a free one that is not your business or personal email address. Sites such as Yahoo, Hotmail, and Gmail have free accounts that are easy to set up. When creating your email account name be sure that you don't put personal information into it. For instance if your name is Candice Mitchell, you can't very well create an email account

Candice\_Mitchell\_215@gmail.com because now people know what your first and last name are, and they might even assume that the 215 is an area code to a phone number. This is way too much information. Instead, get creative with your profile names so that there is no linking to your real identity.

## **Use Other Methods to Communicate**

Of course at some point you're going to want to talk to your potential match which is fine. However, providing information such as your home phone number in the beginning stages might not be the best idea. Instead trying using other methods for communication; for instance, there are VoIP services that don't cost much (In fact, Gmail has a phone service that is free for local calling), or utilize services such as Skype or video chat services.

What I used to do for extra safety is use an alias as my name, and I would not give out my number I would ask the man for their number. I would then block my number when I called them. Particularly for the first call or three. If they seem like a nice person I would then tell them my real name and give them my number. You don't have to change your name. It was simply what I

did. I am easily googled and once I'm found there is a lot of information about me, I would do this for anonymity and safety.

## **Look Out for Married People**

Now this one might be a bit difficult to decipher, but you should really beware of married people who use the online dating services. There are some people that get on here to create lives away from their real life as a way to meet singles and feel alive once again. In fact studies have showed that about 30% of people who are signed up on dating sites are married. Following are some clues to figuring out if a person is married or attached, and some dating sites will provide a marriage background check for you.

Here are 11 behaviors to look out for. Please note: A person who's "taken" will most likely display a combination of these points. One point alone does not mean someone is attached.

His picture are hidden or there aren't any, or he posts a picture that may be very dark and difficult to pick him out of a crowd. The image/s might be blurry or he may wear sunglasses.

1. He will likely be the one to initiate the first contact.
2. He may be very irregular or erratic about his responses back to you.
3. He asks for your phone number, but will not give you his number.
4. His calls to you are very irregular, or are at set times.
5. He will only share his cell number with you. His landline is not given to you.
6. You have his cellular number, although he rarely picks up, he calls back later.
7. He won't share his last name with you. All you know if his name is Peter.
8. He is very secretive about where he lives. He avoids you coming over to his place.
9. He doesn't tell you where he works.
10. He does not divulge much info about himself or his family and upbringing.
11. He doesn't touch you in public or show much affection when out.

12. You don't get the chance to meet his friends or family.

### **Pay Attention to Conversation**

When you're chatting with a person online and on the phone you need to pay attention to the conversation. A lot of times people get all caught up in the moment of finding someone new, that they miss the signs that the person they're talking to is not Mr. or Mrs. Right. Are they controlling? Do they get angry easy? Do they avoid certain questions you might ask them?

### **Ask for Recent Photos**

When you're getting serious about someone, there is nothing wrong with wanting to know what they really look like. Don't be afraid to ask the person for a more recent photo so you can see what they look like. If you're talking via cell phone, a great idea is to say, "send me a picture of you right now so I can admire you." This seems a bit flirtatious and would let you know if they were lying about their profile pics right away. If they make excuses as to why they can't send you a picture, this should be a red flag.

### **Paid Services Are Often The Best**

While you may not want to spend an arm and a leg on looking for love, paid subscriptions are less likely to be a scam. Free sites allow for just about anybody to log on, create a profile, and begin talking with others. However, if a person has to supply a credit card to identify who they really are, you have a better chance of them being legit. Not to mention, a scammer is not usually going to pay \$15 per month just to trick people into dating them.

### **Don't Let Your Guard Down**

There are some online dating sites that advertise their services for background checks on their paid members. While this is a great feature and worth the investment, you should still be leery and not let your guard down until you've gotten to know the person. The trouble with that is, there are laws that vary when it comes to background checks, and in some areas, background checks are not allowed nor as extensive.

## **First Meeting: In Public**

Never, I repeat, Never should you go out on a first date to some place that is secluded such as your home. When you are going to meet someone it needs to be in a place that is public where you can be seen. You also need to make sure that you don't disclose your location and provide your own transportation or have a local meeting area where you can link up.

As crazy as it may seem your safety is at risk when you decide to create online profiles on dating sites. This is why you must safeguard yourself so that you don't end up dating a *Fatal Attraction*.

## ★ Eight ★

# Conversations to Have Before Your First Date

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When you start finding matches that you identify with based on their profile, you're going to need to have a few conversations with them. Now the tricky part with online dating is that you don't want to talk about too much because it takes away from the excitement of the first date, however, you don't want to end up wasting your time and find out at the date that the two of you are nowhere near as compatible.

Some people spend precious time writing for hours, days, weeks and sometimes months before meeting someone. Or they have multiple phone conversations with the person before they meet.

Below you will find some topics that you might consider covering before you actually go out on a date.

### **What Attracted You to My Profile?**

This is a great question to ask before going out on a first date with someone. Knowing what attracted you to them is extremely important. Physical attraction is only part of the picture and thus if you ask a guy what attracted him to you and his response is, "Your amazing body!" chances are he's not going to be into your intellect. However, if he says your picture is what grabbed his attention but your profile is what drew him in closer, you can pretty much make the determination that he is interested in you as a person and not just your girlish figure.

### **What Kind of a Relationship Are You Looking For?**

This is a serious question that needs to be asked. Lots of people fail to ask this and then are surprised when the person they meet is not on the same page as them. It is important to define what you're after from the very beginning. If you are looking for a marriage partner and the potential match is only looking for close friends with benefits, chances are you're not going to be

on the same page. Now there is nothing wrong with going out on a date with someone that is only interested in a fling, however, it's always best to know upfront what you're getting yourself into.

### **What Qualities Does Your Ideal Match Have?**

This question is a bit different but just as important. You don't have to ask them their philosophy on relationships but it doesn't hurt to know what they're looking for. What if your potential match is looking for someone that likes to go out and be the life of the party and you are more of a homebody who enjoys home cooked meals and movie rentals? Chances are your clash in relationship views are going to cause a problem in the long run. The outgoing more spontaneous one can feel held back by the homebody and the homebody can begin to feel taken for granted when their partner is always going out. You save yourself time by asking such questions upfront.

### **What Are Your Goals for the Future?**

If you're going to be in a committed relationship, it is going to be important that you have goals that are either similar or compatible. For instance, if you are looking to buy a house, have children, and get married within the next five years but your match is looking to travel the world, find their passion, and get a career, these goals may not work out well together. Knowing what a person is striving for is very important.

### **What Are Your Religious Beliefs?**

Even though there are filters that allow you to select people with the same religion as you, they could have very different beliefs. If you're a Christian and someone else is a Muslim, many in the Muslim community believe that they should marry of the same beliefs or that the person should be willing to convert religions. Is this something you're willing to compromise? Are your beliefs going to clash? Can you coexist?

### **Family Dynamics**

Now this is a big topic which can be broken down just a bit. You don't need to know everything about his family before going out with him, but it is important to ask questions such as: Do you like kids (especially if you want them in the future or already have some)? Are you close with your parents? What does

family mean to you? All of these are things that can help you determine whether it would work out to begin with. If you're more family oriented, you're not going to want to get involved with someone who is not close with their family. Also, if you're a single parent, you're not going to want to go out on a date with someone who hates children and never wants to have any.

Remember, I am not asking you to interrogate the person via email or chat message before meeting them in person. What I am simply saying is that it is best for you to find out a few things about them before you ever meet in person. It can save you a lot of time and energy knowing upfront whether or not you two are on the same page. Many dating sites filter your matches based on preferences that you set forth, however, since preferences can be so vague, asking about their likes and dislikes, beliefs, and family values are all important to knowing if you could ever make a love connection.

Online dating allows you to safeguard yourself and simply bond as long as you would like before actually taking that leap of faith and meeting them in person. Someone could be a really nice person, however, that doesn't mean that they are the ideal person for you. Doing a bit of homework goes a long way and lets you know right away if you've found a love connection.

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# Meeting Up & Date Ideas

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Alright, so you're reaching the best part about online dating, and that is meeting up and getting to know each other.

### **First Time Meetup**

My tip to you is keep the first time you meet a low key affair. You can meet up for a coffee, a walk (in a safe area), a smoothie or an ice-cream - do something small. The reason why I suggest this is some people meet up for dinner when in reality the first meeting is not really a "date" it's too strangers meeting up to see if they want to go on a real date.

You never know how it's going to go. The second you lay eyes on your online prospect you may instantly know that they're not for you and if you've agreed to dinner or a picnic, you're stuck for a couple of hours. If you agree to something more casual then you can make a quick exit, or if there's a mutual attraction and interest you can extend the date into lunch or dinner or some tapas. Be savvy. You can always suggest that you can meet and see how it goes. I am not saying that you never agree to dinner as a first meet up plan. Just be aware that it may not be something you want to commit to every time. Particularly if you're uncertain.

### **Alcohol and Dating**

I suggest that you don't have more than one alcoholic drink when you first meet someone. If you want to be your best then keep the alcohol at bay. There will be plenty of time for that. Having said that, binge drinking is never attractive, particularly to someone who values their health and body and is not a big drinker themselves. It's good to keep your mind clear and stay alert. It's more important to be heart centered, open and fun and that can be done without alcohol. If you feel that you need some Dutch-Courage then maybe it's time to speak to someone. Alcohol should never be used to boost confidence.

## **Not Interested**

So, you finally meet the person you've been communicating with for the last two weeks and you feel no spark. You really enjoy their company, yet in your mind you thought they'd be different. So you're sitting there on the date listening to them speak and you're looking at them to work out what to do or say at the end of the "date"...

There could be two things happening. You're point blank not interested AT ALL or you had an idea of what they were going to be like and they have not reached your expectations. Perhaps you're not feeling like the voice on the phone or the pics are a good representation of the person in front of you. This can happen and sometimes you need to see this person a couple of times before you rule them out. This is one of the downsides of internet dating – perception vs reality. It's important to keep your fantasies at bay and keep an open mind and don't be too quick to cross someone off the list. Instant chemistry and attraction does not always translate to a great relationship. I suggest that you give people a chance and wait a little to see if some spark develops. Focus more on who the person is.

## **What to do next?**

If you like them, at the end of the date you can let him/her know that you had a nice time and it would be great to catch up again. You can ask them how they feel about that? If you don't like them at all and you're absolutely sure that there is no future then thank them for taking their time to meet you and say that you're not "feeling it" and that you wish them the very best. You can say that to them face to face or send them a message that day or the next day. Sometimes it's obvious and nothing needs to be said.

## **You Like Them, They Don't Like You**

I know, it's a bummer! You like someone, you're attracted to them and they don't feel the same. They must be crazy and have rocks in their head!

You cannot take this personally. Online dating is a numbers game. Learn from it and keep on going. If you have a habit of complaining about your life then now would be the time to change that, and so on. Meet more people and

don't just rely on internet dating. You can meet someone any where at any time.

## **No Sex (for now)**

I do not recommend getting sexually involved on a first date, that is, not unless you're looking for a casual liaison. I am a believer that you should wait at least 8-12 dates before you get naked. I wouldn't recommend even kissing someone on the first internet meet up, granted each situation is different. And sex can put an end to something that could be special really fast! In addition, sex can mess with your emotions and judgment. Take your time. I remember a boyfriend I went out with 12 years ago said to me – "There's no point stuffing yourself at the buffet". That made me laugh and I think it's very true. I also love the saying, *don't put the cart before the horse*. Take things one step at a time. If it's real love then what's the rush?!

## **What to do on Future Dates**

You've met someone special and you're ready to get to know each other more. The question is where you will go and what will you do next? Keeping in mind all of the online safety rules about disclosing your location and dating in a public place, there are still some great things that you two can do to get to know each other better. I've come up with a few of my favorite first date locations that are sure to get the conversation going and romance in the air.

## **No More Movie Dates**

Ok, so when we were younger, we all remember the classic dinner and a movie for the first date. And sometimes there was no dinner it was just a movie. It was convenient, inexpensive, and also helped with a lot of that down time when the two of you had nothing to talk about. The movies allowed you to cop a feel or two and get cuddly if you want to. However, to me, dinner and a movie are not personal enough. You take someone to the movies when you're not really into talking much. How are you going to get to know the person and how they behave if you're at the movies, in the dark where you can't talk? I'm not saying that you should never take them to the movies, but my personal opinion is that you should wait until you guys know each other a bit more. For now keep it fun, lively, with some adventure.

## **Bowling**

At the top of my list is taking your date to the bowling alley. There is so much to do in the bowling alleys that you should have no problems having fun. It's a very public place, and many of the alleys have bars that serve drinks and food. You can have your dinner and your fun all in one great location. Don't know how to bowl? There are some great arcade games and some even have pool tables that you could try. The atmosphere makes for great conversation and friendly competition that you'll enjoy from beginning to end. Not to mention, most bowling alleys are centrally located so there's no need to disclose your home address, you guys can just meet there.

## **Dog Park**

Okay, so I know what you're thinking, but this is an out of the box first date idea that might really be fun! No you don't have to have your furry friends with you the entire time, but if you're both passionate animal lovers, this is a great idea! Take your dogs out for a walk and get to know each other. There is so much that can be learned by the way your date cares for their pet. Afterwards maybe you have a picnic lunch or meet up somewhere to grab a bite to eat after taking the dogs home.

## **Miniature Golf**

Another great pastime is going out for a nice date of miniature golf. You don't have to be a pro to get out there and try your best. There is something about the putting green and golf clubs that get couples closer than ever. This could even make for a great double date idea. Keep track of points and the loser buys dinner!

## **Karaoke**

Who doesn't like a little humor in their ideal mate? Someone who can make you laugh is most certainly a great thing. So why not go out to a local bar during happy hour and partake in some fun Karaoke! You don't have to be the next American Idol to impress your date, sometimes just being willing to get out there and make a fool of yourself can really make for a great first impression.

## **Cooking Class**

A great way to put a romantic spin on dining out is to take a cooking class together. There is nothing more attractive than having a partner that can cook for you. You guys get to work together as a team and create a meal fit for royalty. Some cooking classes even allow you to eat dinner in their restaurant just the two of you. This would make for a great romantic conversational piece.

## **Local Music/Street/Food Festivals**

Music is universal. Everyone loves to listen to music, and what better way to experience that than with a local music festival? There is the great outdoors, great music, good food, and lots of people to mingle with. You and your date will have a blast rocking out to your favorite jams and just taking in the sense of community that is around you. Local music festivals are generally very inexpensive and you get to hear all different genres of music including rock, blue grass, r&b, hip hop, and more.

## **Beach and a Picnic**

Last but certainly not least for you hopeless romantics out there. The beach and a picnic are certainly a great way to get to know each other. If you like fun and excitement, then go to a boardwalk that has rides, games, and festivities to start the date off. Then when the sun is about to set, you and your date go out onto the beach, set up a blanket and watch the sun go down together as you have intimate conversation.

So these are just a few ideas for the earlier dates to get your wheels turning. My advice, making it memorable, and make it something that allows for a lot of fun but also intimate moments where you guys get to talk and really get to know each other.

## Tips for Making a Great First Impression

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So we're nearing the end of my ebook and I simply must talk with you about making a great first impression. If you're online profile, pictures, and conversation impressed your potential mate, it's now all up to the in person meeting to seal the deal. I must get something out of the way first however. Many people believe that making a great first impression means not acting your true self. This is not what I mean because eventually, they're going to figure out that you're not who you portrayed to be.

Making a good first impression sometimes means we have to have a good look at who we are, how we come across and get clear about the things that do and don't work for us. You can be the most amazing person and still present in a way that places you at a dating disadvantage.

I'm here to help you get a second and third date with the person you feel is a good match for you. I've already covered a fair amount of information about this in my Unlock His Heart Program, here is a little more on this topic.

### **What You Wear Matters**

Now this goes for the women and the men. What you wear to a first date will most certainly be recognized and recorded. If you show up looking dingy, or over the top, chances are you're not going to be asked out again.

#### **Ladies**

If you want to attract a man to your body, then by all means go right ahead and wear the skimpy dress or form fitting clothes with your cleavage hanging out. Too many times I hear about women wondering why their dates were expecting a "nightcap". Why? Impressions matter and even though what you wear should not be judged, people do judge and a first impression can be a lasting impression. Even if the "impression" is inaccurate, you can't control how someone perceives you. Therefore, you need to find a balance.

- ★ Select something that is appropriate for where you're going. If you are going for a picnic in the park, then wearing a tight mini dress and heels is probably not going to work out well.

- ★ Cover up! If you want a man to stay focused on your eyes, don't wear a shirt that shows your cleavage. Dress modestly. This doesn't mean you have to wear a turtle neck and overalls. It simply means wear something that does not expose everything you have. Save some mystery for the bedroom. You can still be sexy and stylish at the same time.

## **Gentlemen**

Guys the way you dress matters too. If you were to take a survey of what women cannot stand about a man and how he dresses, it's when he appears unclean or he's dressed with no real effort. Sometimes guys are under the impression that because they're "guys" they shouldn't have to worry too much about how they look. This is far from the case.

- ★ Get a haircut. If your hair is all over the place this is a major turn off for many women so make sure that you've gotten your hair styled or cut for your date.
- ★ Clean your nails. What's worse than a man with unkempt hair? A man with dirty nails! Now you don't have to go to the nail salon and get them polished, but a quick trim of your nails and a good cleaning underneath them can make all the difference.
- ★ Dress to impress. You don't have to pull out the suit and tie, but a nice pair of casual pants and a polo shirt says that you put forth effort but didn't go over the top.

## **What You Say Goes a Long Way**

Conversation makes up for about 75% of the date and so you'd better be prepared if you're going to make a great first impression. What you say, how you say it, and how well you listen are all in question now and so it is important that you are able to hold a great conversation.

- ★ It's not an interrogation. You should not have your date feeling as if they are in the hot seat, especially not on the first date. Stick to basic questions and see where the conversation leads. You don't need to know everything about them the moment you leave the dinner table. Take your time and let it flow.
- ★ This might be more for the ladies; however, talking too much about you can be a big turnoff. When women get nervous we tend to talk a lot! This is

pretty much foreign to men who are not as expressive. Be careful how much you're flapping off at the lips and don't make all the conversation about you. Your new date doesn't need to know all about your ex, your parents, your kids, your childhood, and your life in one sitting. Space it out and filter the conversation.

- ★ Listen. This is by far the best advice I can give men and women. Listening is half the battle of holding a great conversation. If you're not listening to what the other person has to say, how are you able to have a real conversation?

## Other First Impression Tips

Just a few more pointers to help you out on making a great first impression are listed below:

- ★ **Be on Time** – This goes for guys and girls. When your date has to wait for you to arrive it can be downright annoying. Especially if you've asked them to meet you in a location that only you are familiar with. Ladies, we can take an awful long time getting ready. Make sure that you allow yourself enough time to be ready.
- ★ **Be Chivalrous** – Gentlemen this is for you. Ladies pay attention to things like this. Do you open the door for her? Do you pull out her seat so she can have a seat? Do you stand up when she needs to excuse herself from the table? Chivalry is not dead and should be embraced in every sense of the word.
- ★ **Be Open Minded** – This is more for the ladies but can apply to the men as well. When you're out on a date be open minded about the entire thing. Complaining, showing dissatisfaction or lack of appreciation can get you ruled as being high maintenance. Just relax and let the date flow.

My last bit of advice is to simply enjoy the experience. If you get out on the date and you don't particularly think there is a love connection, it doesn't mean you can't just enjoy being out with someone nice. Take it all in and make notes for future dates. However, whatever you do don't be rude, obnoxious, or unappreciative at any moment, you never know who knows who, and being rude to your date could get you blacklisted for other potential matches.

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