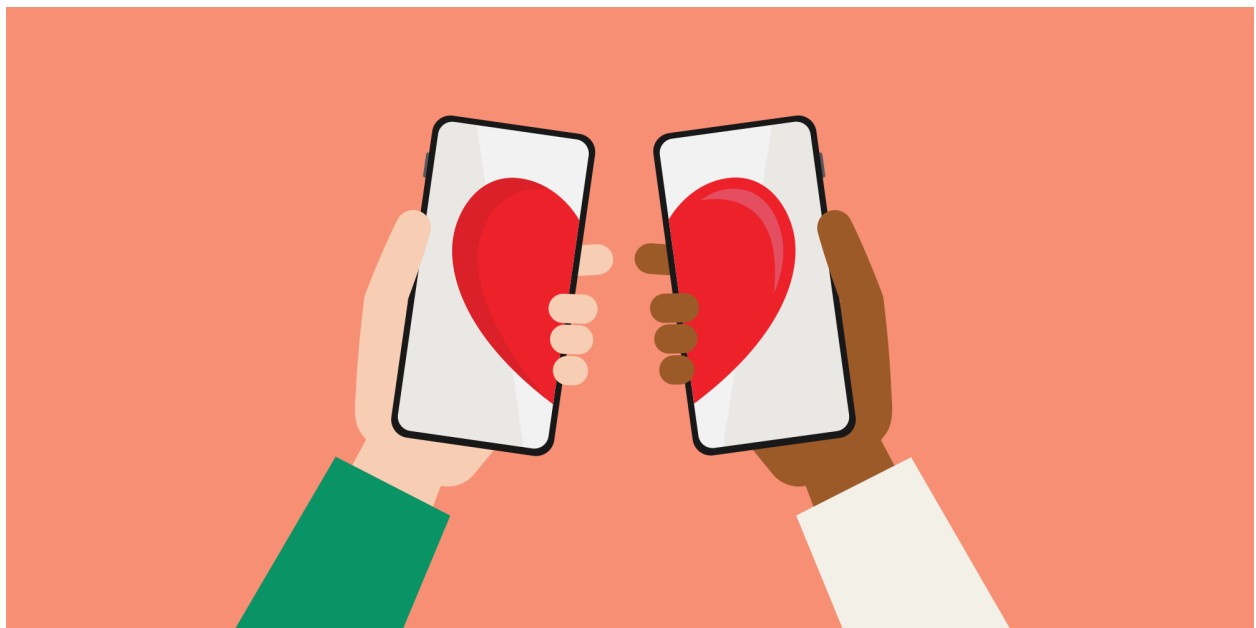


STEP BY STEP DATING PROFILE GUIDE

The art of crafting an irresistible dating profile that makes your ideal match swipe right

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STEP BY STEP DATING PROFILE GUIDE

Online dating apps and websites are one of tools on how you can meet your future partner. However, for many, it is overwhelming, confusing and can feel like a part time job.

This guide was created to help you bring more **clarity, ease and fun** to online dating. This guide will teach you all you need to know when it comes to creating an amazing dating profile that will speak directly to your perfect match!

You will learn a **step by step process** on how to write a catchy bio, what to share, what to avoid in order to increase your chances of meeting the most compatible matches online.

Through **specific examples, and bio prompts** you will be creating your own, **irresistible dating profile** that shows exactly who you are and attracts people who share your hobbies, values and vision.

And as the bio is only a half of the profile, this guide will also walk you through the specific tips from a photographer to ensure that your pictures capture the true essence of you.

1. OFFER A GLIMPSE OF WHO YOU ARE, HOW YOU LIVE YOUR LIFE AND THE RELATIONSHIP YOU ARE SEEKING

Start by mentioning your most prominent and most characteristic traits. Choose 3 or 4 adjectives that describe your personality. If you are not entirely sure, ask your friend for help in describing you.

Write down yours here:

- 1.
- 2.
- 3.
- 4.

Share what you care about, what matters to you and what you are passionate about. BE SPECIFIC. It will help your profile to stand out, create plenty of opportunities for your match to reach out to you and start a conversation and catch the attention of the person who shares the same or similar values and hobbies.

Write down yours here:

I deeply care about.....

.....really matters to me/ What matters to me the most is/ What I value and appreciate in my life is.....

I am passionate about/ I can spend hours/ I am committed to/ I really enjoy.....

2. BE HONEST ABOUT WHO YOU WANT TO MEET AND WHAT KIND OF A RELATIONSHIP YOU ARE LOOKING FOR.

The rule number one is to focus on the character which will help your potential match to gauge your values and lifestyle, not the characteristics that can make you sound too rigid and superficial.

Instead of saying 'looking for a partner with a toned body' write 'looking for an active person who enjoys spending time in nature and outdoors'.

Or instead of 'if you cannot say more than 'hi' in your message, don't even bother' say 'One of the statements in my bio is made up, guess which one it is!' This way, you are giving the other person an opportunity to start a conversation and you can go into what made them think the detail you mentioned was true or made up and go from there.' It will help your potential match to take a pressure of what to say and it comes positive as opposed to the first sentence being negative and passive aggressive.

3. SHOW & TELL AKA CHOOSE PHOTOS THAT SPEAK FOR YOU

Now that you have already shared with the reader who you are and what you are available for in terms of a relationship and a partner, it is time to show it in pictures.

Same like with your profile bio, you are writing it to attract the most compatible, right person for you and one of the easiest ways of how to stand out and catch the attention of the right person is to BE SPECIFIC. Exactly the same applies for your photos- **BE SPECIFIC**.

Do you enjoy traveling? Instead of saying 'I love traveling' write something like 'Just came back from Bora Bora, already looking for another destination to explore!' or 'I love nature and visiting elephant sanctuary in Bali was definitely a highlight of my travels so far!' or 'I love exploring Europe and trying local dishes everywhere I go!'. You get the idea now ;)

Add a picture of you in the Elephant Sanctuary, snorkeling in Bora Bora or by the Eiffel Tower in Paris to show your potential dates more of you and what you enjoy and what excites you.

This takes me to another important point of creating a high quality dating profile that attracts your most compatible matches to you- BE POSITIVE.

There is nothing less sexy than snarky, negative remarks on your profile.

As much as it is important to know what you don't want and who you don't want to swipe right on you, mentioning it in your profile may have the opposite effect.

For example if you say 'if you are a drama queen, swipe left' or 'if you have a crazy ex, swipe left' or 'don't bother if you cannot hold a normal conversation' will not only come across sexy and attractive, but it will also suggest the low level of self awareness in terms of your contribution to drama, break ups and communication and how much of what you mention you create!

4. FOCUS ON GOING TOWARDS RATHER THAN RUNNING AWAY FROM

When you sign up for a dating app or a website, you are exposed to a number of potential matches. Writing a 5 star dating profile will- however- not ensure that you will never ever be contacted by someone you may not be interested in. It will happen, it is part of the process.

In fact, the better you get at recognizing and attracting compatible, high quality catches, the less incompatible matches you will get, just by the fact that you will be able to swiftly recognize who is a compatible and high quality profile to your standards just from looking at it. And the same will happen for your potential dates.

Make a commitment to open up to those you are interested in rather than spending your time, energy and focus by avoiding to be matched with someone you are not compatible with.

5. WHAT IS YOUR STORY?

Your profile tells a story. When you review your profile, text and your photos, what is your profile saying? What story are you telling of your life? Who are you showing up as?

Online dating apps and websites are full of profiles that vary from people whose profiles radiate health, positivism, ambition to bitterness, inflexibility and demand.

Another way to consider is to look at your own profile through the eyes of your ideal match. Even though you may not be able to know exactly what they are looking for, being clear on who you want to be with and what this person would be like, you can get an idea of what they would look for, appreciate and be interested in when on the dating app or a website.

Imagine for a moment, what kind of a woman is your ideal match seeking? How would they know they come across her profile on the apps? What would tell them it is her?

For example if you seek a relationship with a partner who values family, loves his kids and loves cooking, what would be the easiest way to spot that kind of person? By seeing a picture of him with the apron and a chef's hat on and having a picture with his kids in the amusement park. That way, you can immediately and clearly see that you may share common values. You click on his profile and it says 'I am a family man and I love my two daughters! When we are not out in the playground or reading bedtime stories, I enjoy cooking and I am very proud of my signature dish- veggie curry!'

How would you feel if you read and saw a profile like this?

Excited, right?

Do the same and help your future partner to see you in an instant when he lands his eyes on your profile.

STEP BY STEP DATING PROFILE GUIDE

If you want someone who is active and you value health and being out in nature, share it in your bio and in your pictures! Make it impossible for your perfect match to miss!

Last but not least, check your grammar and spelling. Take an extra minute to ensure that your profile is free of any typos and mis-spelled words. Make sure your 'they are's' are not 'there's' or that 'you are's' are not 'yours'.

Typos free profile that is grammatically correct along with the rest of the profile that you carefully create show thoughtfulness and care you put into your profile and ultimately the process of finding a relationship itself.

If you are not sure whether your profile covers all it needs, use the following checklist to ensure it does and/or get someone you trust to read it for you.

'SWIPE RIGHT' DATING PROFILE CHECKLIST

WHAT TO DO:	DONE	TO DO
Use current photos and update them accordingly		
Highlight what makes you you		
Share your accomplishments and passions you are proud of		
Joke and let your funny side shine		
Be upfront what you are looking for		
Be specific rather than general (I like cinema vs. I love Star Wars)		
Ask your trusted friend or a professional to go through your profile with a fresh pair of eyes to spot typos and any errors you may have missed.		
Be positive		
Share your interests, goals, aspirations (I feel alive when I travel...., my lasagna is to die for....., I always wanted to learn chinese and finally got to take a course. It is so much fun!)		
Complete your profile		
Upload at least 5-7 pictures, close ones, no sunglasses and full body ones so that your body will not have to face any surprises when they meet you.		
Be the focus- choose the pictures where you are the main focal point and clearly recognizable		

STEP BY STEP DATING PROFILE GUIDE

Choose action pictures- it is proven that the pictures that show that you play guitar, ski, swim or similar get more messages		
Celebrate your unique qualities		
Share some of your values and what matters to you. This will increase your chances of attracting the person you are compatible with		
Show interest in the personality, not just appearance		
Update your profile regularly		
Smile in your photos. It comes across more approachable		
Personalize your messages, comment on something from your match's profile		
Accept that not all messages you send or matches you come across will reply		
Make the first move if you like someone's profile		
Be honest		
Make sure you are in a great frame of mind. What you feel inside shows on the outside, in your interactions with your potential matches including		
Ask. If you are unsure about something or there is something you would like to know, simply ask instead of assuming.		
Have fun		

STEP BY STEP DATING PROFILE GUIDE

WHAT <u>NOT</u> TO DO:	DONE	TO DO
Use group photos is possible		
Treat creating your online dating profile as a joke		
Share identifying information too early and if it does not feel right		
Post profile full of grammatical mistakes and poor spelling		
Post pictures in the bathroom. No one is that curious about what toilet you have :)		
Make demands on the person you are talking to (You must be....., I will only date.....)		
Talk badly about your eX		
Start each sentence with 'I' when you do get to talk to your match		
Be lame (Don't know what to write here...., If you want to know more, message me....)		
Overshare		
Brag		
Lie		
Complain		
State your desired characteristics as if they were a 'shopping list'		
Lie with the camera or post pictures with filters on		
Use 'sexy' photos. Although it may feel attractive it comes across desperate and that you are looking for a certain type of a relationship		

STEP BY STEP DATING PROFILE GUIDE

Send simply 'hi' or 'hey'. It comes across half-hearted and it leaves the other person with nothing to work with		
Let the conversation go for too long without arranging a meeting or a date.		
Exchange intimate images until you trust your match enough.		
Assume. If you want to know something, always ask. Open and upfront communication will save you time.		

DATING PROFILE BIO PROMPTS

That make your ideal match swipe right

This year, I really want to /am preparing/ am dedicating my time to travel to/do more/ do less/ create/ try/ visit/ learn/ etc.....

One thing that excites me the most is.....

I cannot imagine my day without a.....

I really appreciate.....

3 words my friends and family would use to describe me are:

I deeply value.....

I find.....incredibly attractive!

.....really excites me!

Recently I have

STEP BY STEP DATING PROFILE GUIDE

One thing you will always find me doing is.....

One thing I am not prepared/willing/open to compromise on is.....

I am looking for a.....

The way to win me over is.....

Dating me is like.....

I get excited when.....

My simple pleasure is.....

I am very proud of

Fact about me that surprises people

Two truths and a lie

Looking for travel tips for.....

I will know we are on the same wave-length/ same time of silly, weird/ crazy in the same way if.....

I regularly.....

..... is a non-negotiable for me!

My typical weekend.....

We will definitely get on if.....

The most spontaneous thing I have ever done.....

A thought that recently popped up to my mind when walking/ walking my dog/ cycling/ being in the sauna/doing my yoga practice/etc.....

I would not hesitate to spend all my money on.....

STEP BY STEP DATING PROFILE GUIDE

I want someone who.....

Green flags I look for.....

Great! It is your turn now. Craft your dating profile bio here following the nuggets and prompts in this guide: