

CREATING AN IDEAL DATING APP PROFILE

RULE FORS PHOTOS

1. You ideally want to have 3-4 good photos showcasing you in different formats, as listed below.
2. All photos should be both current and realistic. In other words, you should be able to show up on a date looking at least as good as you do in your online photos. Make sure that your photos reflect who you really are now, and not who you were ten years ago or can only be with tremendous editing.
3. That said, you want to use photos in which you look good and where you show your best self in different scenarios, as described below.
4. All photos should be only of you. So no photos with friends, kids, or animals (except possibly of you horseback riding if a passion of yours).
5. At least one face profile photo.
6. At least one photo to be of your full body showing your figure (even if you are not happy with this at the moment, he should choose whether to meet you or not based on how you really are).
7. The last one to two photos should be of you showing another side of your personality, so possibly looking slightly different from the first two, either wearing accessories (hat, scarf, big earrings, etc), being more dressed up (possibly for night out), looking like you're laughing or having fun somewhere, or doing something active (ie: running, hiking, cycling, horseback riding, etc) and possibly dressed in that gear.
8. It's very important that you show up looking like your photos. So if you're dressed up and wearing makeup in your photos, you should show up looking the same when you meet him.

HOW TO DESCRIBE YOURSELF

1. If there is a space to either enter a short opener or a short description about yourself, or a way to call you, make sure to use the space to define yourself in a punchy, positive, memorable way that gets noticed immediately.
2. For ex: "From Russia with Love" or "Ex-pat new to London looking for someone to help her explore the hidden, cool areas" or "Buxom green-eyed brunette with a wicked sense of humor".
3. The idea is to give him a great image of you to peak his interest, even before he sees all your photos or reads your profile.
4. Remember that this little description is normally what others see first, along with one photo and so needs to be interesting, visual, and dynamic.
5. If there is a part asking you to describe your job, try to give a positive and vivid impression of what you do. For example: if you're a student of Psychology, write "Psychology student" rather than just "student" or "Sports Therapist" rather than just "Therapist". If you are completely comfortable with you title, keep as it is. Basically the idea is to stress the fun and interesting part of your occupation in a way that's descriptive enough for him to get a taste of what you do in order to want to find out more (it's also an easy opener for him).

WRITING YOUR PROFILE

1. Your profile for a dating app should be short and sweet and serve the purpose of communicating your worth, some of your values, and a bit of what you're after. That means a maximum of 3-4 punchy, interesting lines.

2. Try to finish with something that he can use to get in touch with you.

3. Use your

3 sentences to include your values, filters, what is important to you, what are you looking in a man, what drives you, what you look for in the first dates, what kind of man you like, etc but keeping all you write light, fun, and positive.

4. Remember that you want to show off the best version of you. So if you like to laugh, use that in your profile: ie: "Woman who likes to laugh looking to meet someone who also values humor with whom to finish the day laughing no matter what kind of day we've had...". If sexuality and chemistry is important to you, include that: "...and chemistry is the ultimate decision maker between two people". If you have kids and you want him to know, pull that into your description in a clever, unique way: "Looking for a man who's been there, done that who's looking for a woman who's also been there, done that, had a couple kids in the process, and grown significantly from the experience".

5. You want to tease him with your profile and encourage him to contact you, showcasing just a bit of your personality and leaving him with a slight image of who you are, what you want, what kind of a man you're looking for (automatically filter out those who don't fit what you're after), your passions and interests (if important to you), your values, and anything else that describes you and makes you stand out from the crowd and would make the man you want to meet want to date you. Some good description words to include: spontaneous, fun, active, positive, energetic, optimistic, likes travelling, funny, adventurous, loves to cook, athletic, and anything else that you find important.