

DATING (Hinge, Tinder, Bumble) PROFILE SELF-ANALYSIS AND REFLECTION

FOR SINGLE WOMEN / NON-BINARY IN SEARCH OF A LONG-TERM RELATIONSHIP +/- CHILDREN

FEATURE	POINTS: 0 - 1	POINTS: 2	POINTS: 3	POINTS: 4 - 5	SCORE
PHOTOS	<ul style="list-style-type: none"> No personal photos Only group photos All filtered photos Photo with ex-partner or someone who looks like an ex 	<ul style="list-style-type: none"> 1-2 personal photos Wearing sunglasses Same facial expressions Duck pout Drunk Poorly lit Intense face Old photos 	<ul style="list-style-type: none"> 2-3 personal photos No more than one group photo Face clearly visible without sunglasses Different views eg face + whole body Natural (unfiltered) photos 	<ul style="list-style-type: none"> 4-6 recent and clear photos: see whole face, eyes and smile Different outdoor locations / outfits / poses Different views eg face + whole body Different activities to illustrate interests / hobbies Smiling and relaxed facial expressions +/- video / audio 1st photo is best and stands out Looks to have a happy, stable and interesting life of abundance 	
"ABOUT ME" / BIO SECTION	<ul style="list-style-type: none"> Empty 	<ul style="list-style-type: none"> Limited info One sentence or less. Poor spelling / grammar 	<ul style="list-style-type: none"> Simple and real 2-3 sentences 1-2 essential facts about yourself and what you're looking for 1-2 spelling or grammar mistakes 	<ul style="list-style-type: none"> Different and interesting content to prompt matches to ask questions Authentic description (adjectives) What you're into: interests and hobbies State your intention eg looking for long-term relationship (& open to kids) / future dreams Positive language What you do (career) Excellent spelling and grammar +/- emoji use 	
SPECIFICS	<ul style="list-style-type: none"> No stand out features or language List of what NOT looking for or DON'T want 	<ul style="list-style-type: none"> Generic description eg "Fun and outgoing. Adventurer. Love to travel. Active lifestyle" "Just having a look" 1-2 fields filled in eg height, interests, values, profile prompts (Bumble) 	<ul style="list-style-type: none"> Avoids cliches Gives an example or two of uniqueness eg "Favourite book is..." Has filled in some fields eg religion, interests, height, profile prompts (Bumble) etc 	<ul style="list-style-type: none"> Details / colourful narrative Specific examples Anecdote eg "I enjoy cooking Thai food..." "Sunday afternoons you can find me..." "My dog Disco and I visit National Parks..." Hinge: includes age, height, suburb, education, drinks, smoking, drugs, religion, political preference Tinder: includes occupation, age, suburb, sexual orientation, values and interests, anthem (links to Spotify). Bumble: includes pronouns, age, height, fitness, education, star-sign, drinks, smoking, interests, music (link to Spotify), +/- Instagram, preference for wanting / not wanting children 	
WITTINESS: clever / funny	<ul style="list-style-type: none"> No personality 	<ul style="list-style-type: none"> Use of emojis 	<ul style="list-style-type: none"> Includes a joke or silly reference 	<ul style="list-style-type: none"> Feels fun, engaging, punchy Asks a question eg popular debate "Pepsi or Coke?" Gives matches an easy way to begin communications 	
COLOURS OF CLOTHES IN PHOTOS	<ul style="list-style-type: none"> Yellow Brown Dirty / stained 	<ul style="list-style-type: none"> Yellow Brown Dirty / stained 		<ul style="list-style-type: none"> Grey Green Black White Blue 	

DATE: _____ WHICH DATING APP ARE YOU USING? _____

Instructions: Have your dating profile open and compare it to the table. Give yourself 0, 1, 2, 3, 4 or 5 points relative to the corresponding column that most accurately describes your current profile for each feature. Calculate the number of points your online dating profile receives for each row (feature). Tally up the total of points. Consider areas of improvement to improve your profile. Use the higher scoring column to help guide your adjustments.

Reflection: (your notes go here)

TOTAL