

LOVE QUEST

SUCCEED WITH ONLINE DATING

Most people looking for **genuine connection** eg a boyfriend or girlfriend, complain about their experience using dating apps.

In 2017 I hated dating apps too I believed they SUCKED!

I was so **frustrated** with my experiences on Tinder...

I couldn't understand why it was so hard to connect with people and tee up good quality dates.

Little did I know that my **frustrations** had nothing to do with the app itself. My frustrations were more to do with my **mindset** around dating, how I was using the app AND how I interpreted the behaviours of other users.

Feeling a sense of **frustration** was an **internal signal** to me that it was **time to learn** something new and step outside my comfort zone.

Therefore, I took time during the pandemic (2020-2023) to learn about:

- **human behaviour** and
- **how to use dating apps**

This lesson is a result of my **testing** and **experimenting** with dating apps. By following the steps outlined in the following pages I am sure you too can overcome your frustrations and succeed with online dating.

The fact is: meeting singles in dating apps is **EASIER** than meeting people in real life (but not as **fun** if you don't have the right **skills, mindset** and **strategies**)

Throughout this program you will learn how to use dating apps to:

- ✓ attract better matches
- ✓ enjoy online conversations
- ✓ filter your matches for compatibility
- ✓ save time and money by not dating or investing in relationships with the *wrong* people
- ✓ enjoy meeting people off apps within 7-10days of matching
- ✓ have more first dates
- ✓ enjoy second dates

And more...

This week you assessed where you were currently at in terms of your **online dating profile** then took steps to upgrade it. This is a resource to help you improve your bio / profile.

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CREATING A WINNING ONLINE DATING PROFILE

Use the “Dating Profile Assessment” document to consider the **five** most important aspects of a winning dating profile.

Use the second column from the right as a **guide for best practice** when creating your profile.

If you already have an online dating profile on Tinder, Bumble or Hinge, you can assess your current dating profile to see how well it is **marketing** you within the app.

The maximum number of points you could receive is 25, and you want to be working towards creating a high scoring dating profile.

The three main features to focus on are:

1. Your **photos** (capture attention of visual people)
2. Your **bio** (capture attention of people who enjoy reading / writing)
3. **Specifics** eg extra information (toggles): helps users & app algorithm assess compatibility

Your Photos

Organise for a friend or professional photographer to take some photos of you. Include:

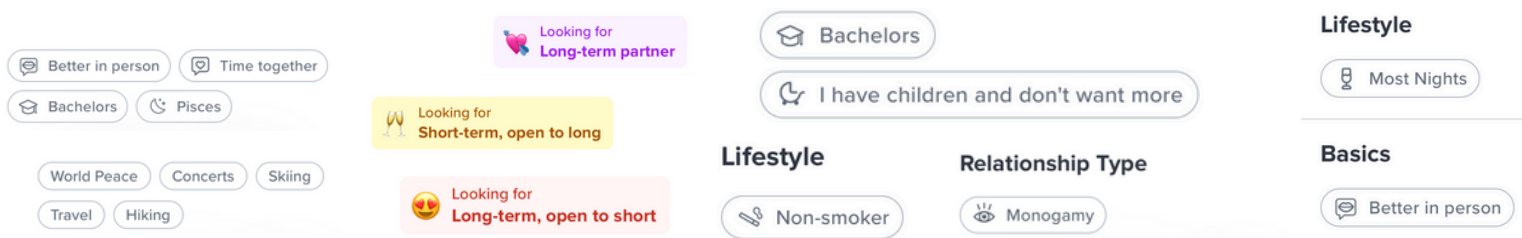
- 4-6 recent and clear photos: see whole face, eyes and smile
- Different outdoor locations / outfits / poses / **group & solo**
- Different views eg face + whole body
- Different activities to illustrate interests / hobbies
- Smiling and relaxed facial expressions
- +/- video / audio
- Upload the best photo you have as your first photo
- Be sure to smile to increase your attractiveness.

Your Bio

The next SIX pages give examples of bios (for both women and men) from the popular dating app Tinder. Analyse the different ways people have written their bio.

Specifics

Answer honestly as many of the optional extra toggles as possible. This helps people to determine **compatibility** and helps to polarise the ‘audience’.

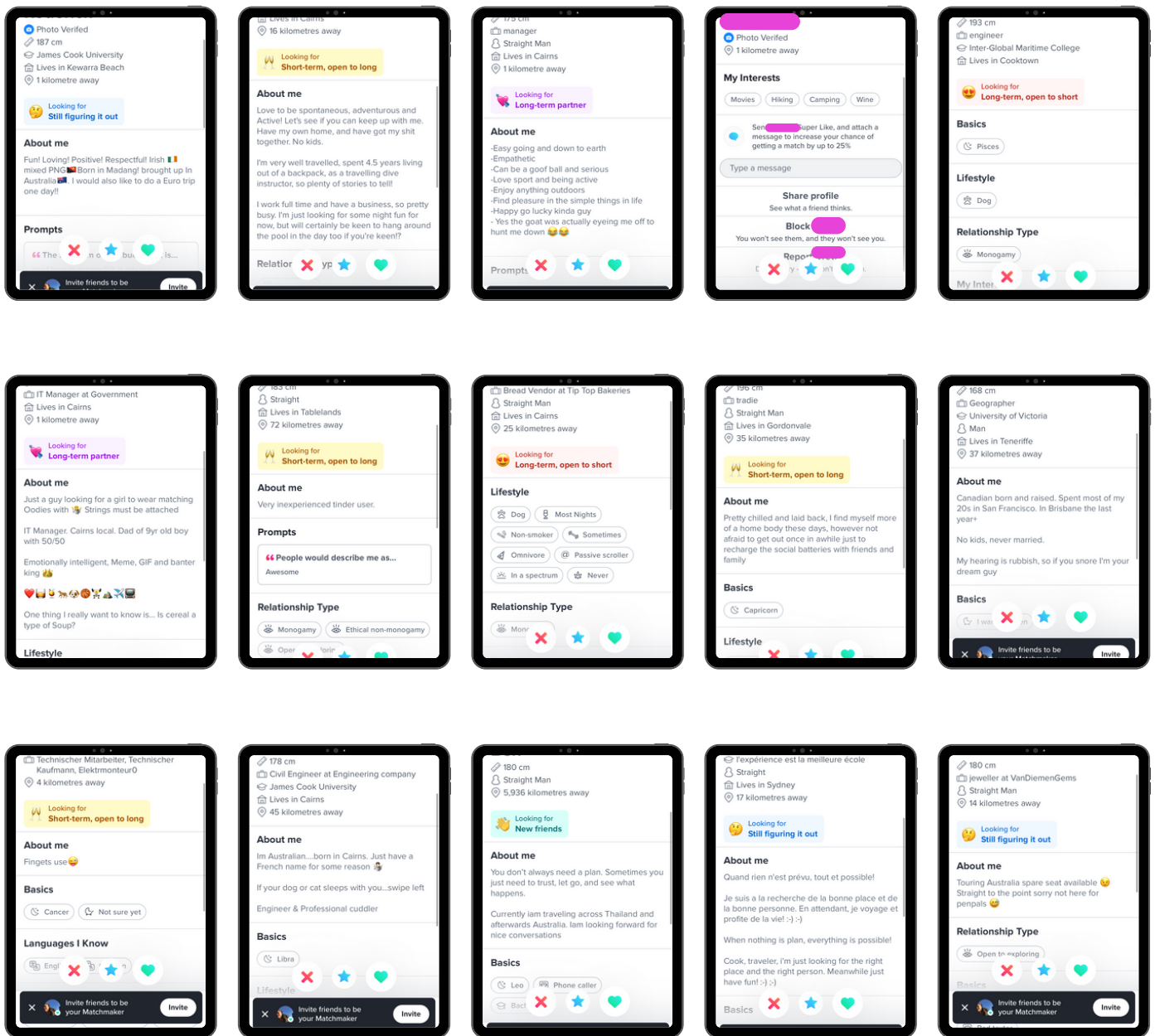


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ASSESS 50 MEN'S DATING PROFILES ON TINDER

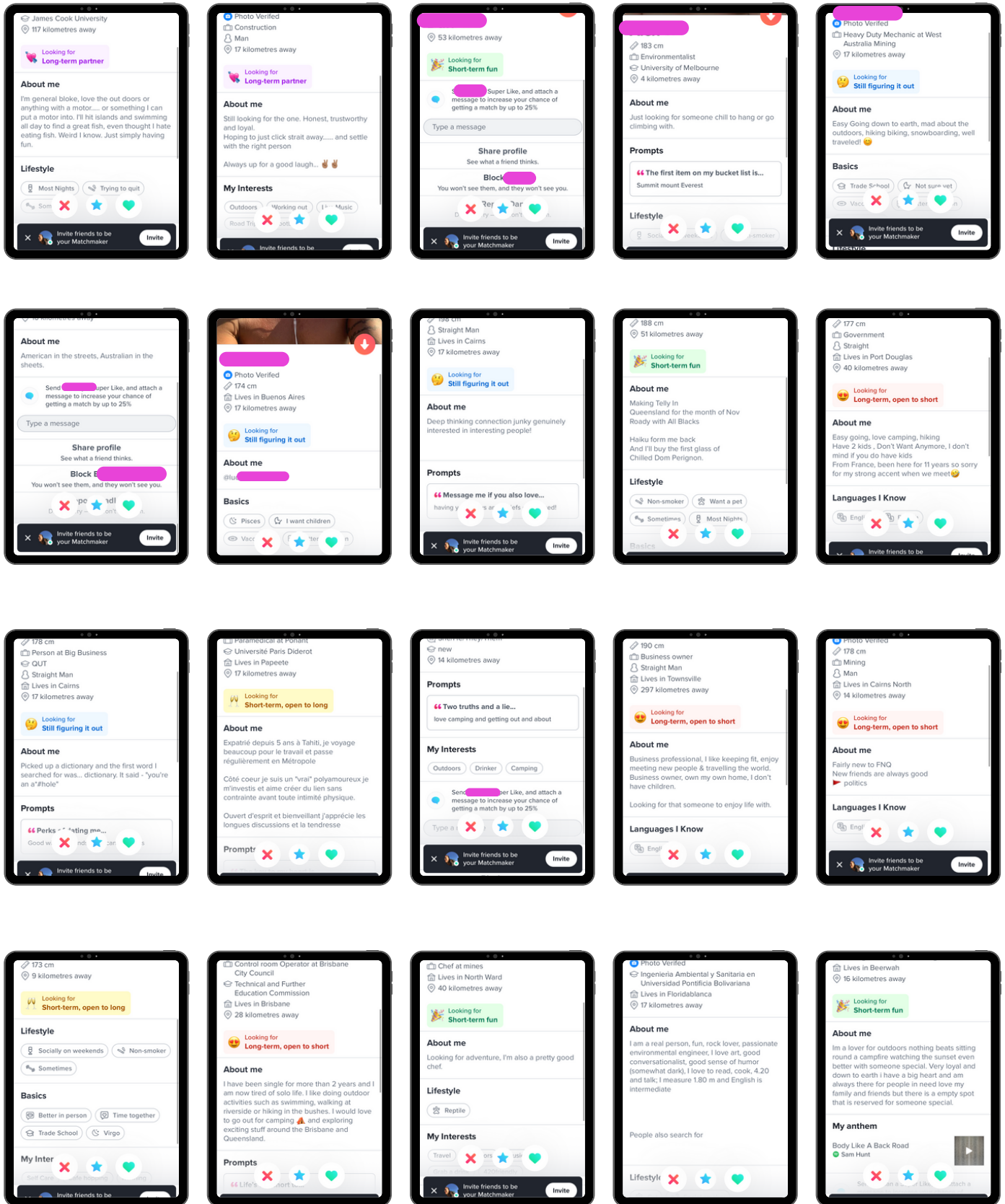
Let's look at men's bios. Pay attention to the ones that capture your attention. Pay attention to the bios that are empty or not interesting at all. What **hooks** you in to wanting to learn more about each person?

NOTE: These are screen shots from the first 50 bios that I was presented with in Tinder on 12 Nov 2023.



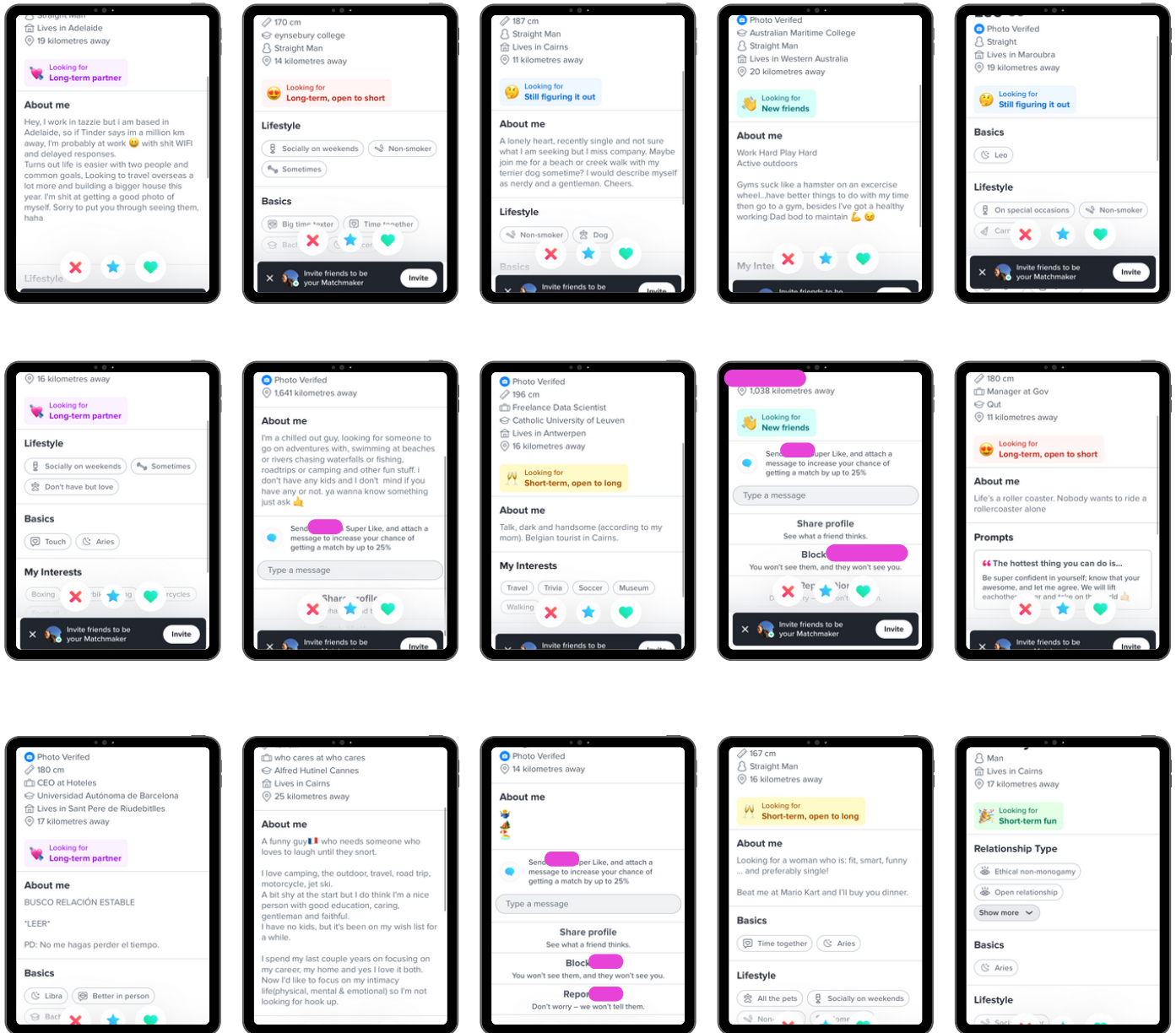
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Use a pen to **circle** the best written bios.

Which bios make you excited? Why is that? Do they **resonate** with you?

Make notes for strategies / features that you can also use to capture people's attention.

For example:

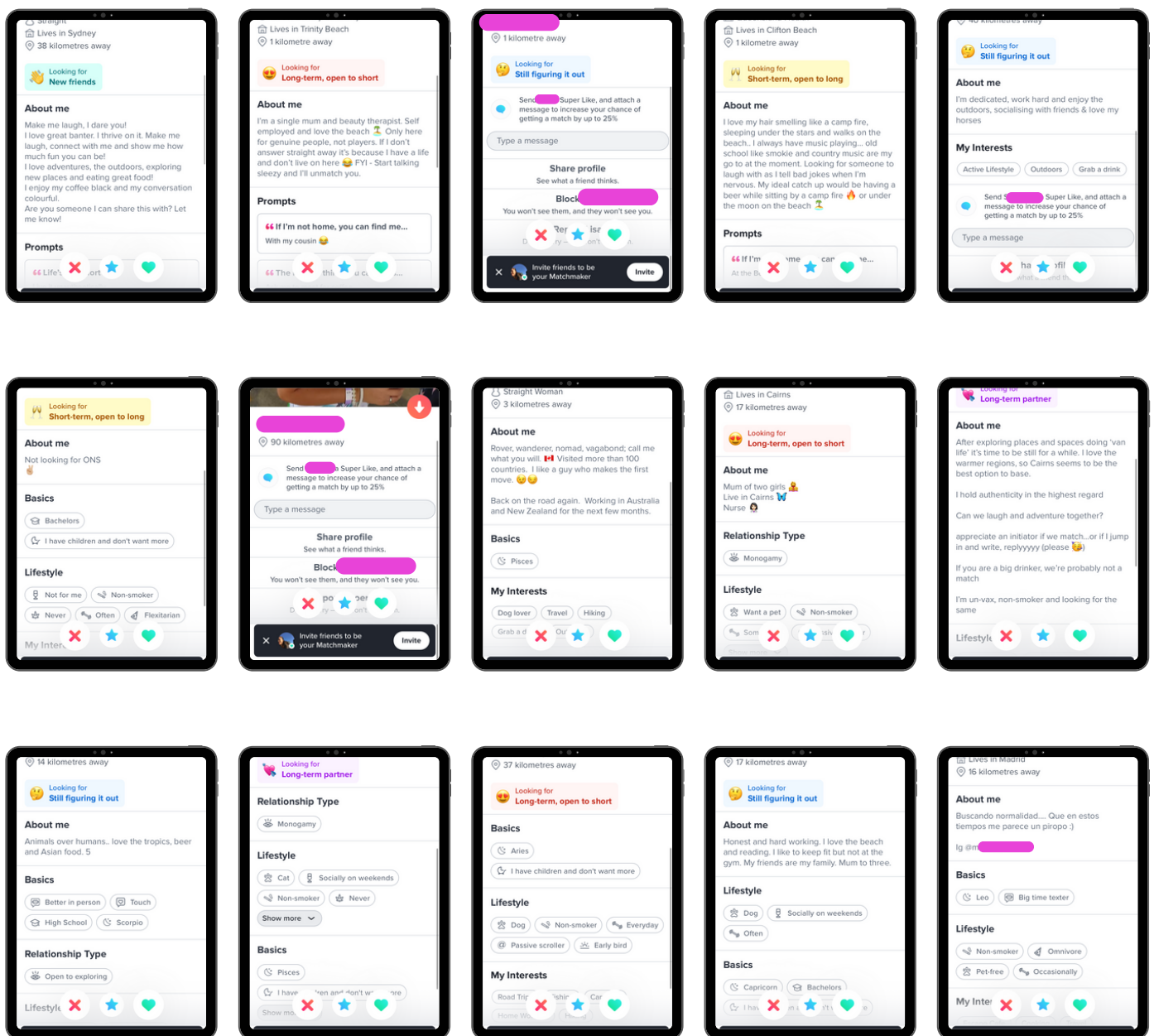
- Do they use **emojis**?
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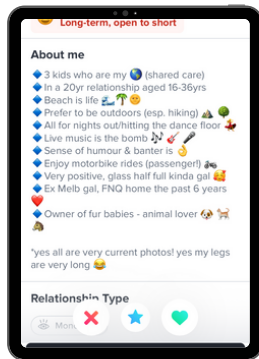
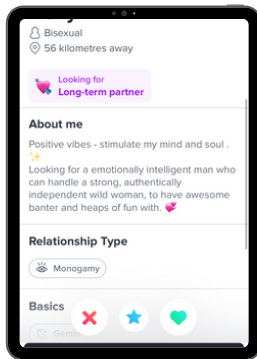
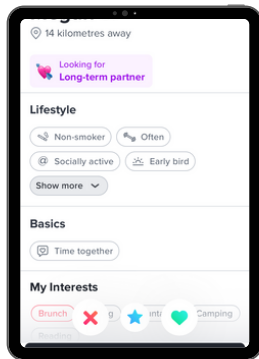
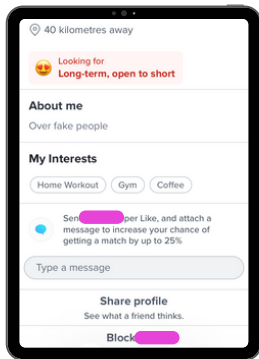
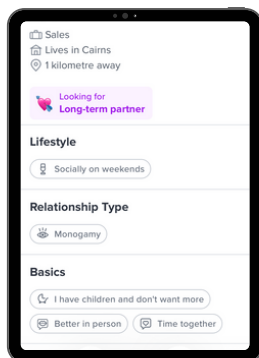
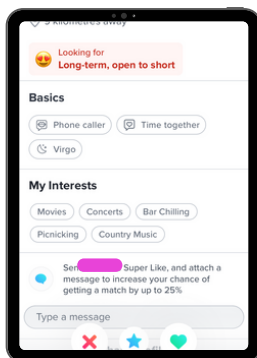
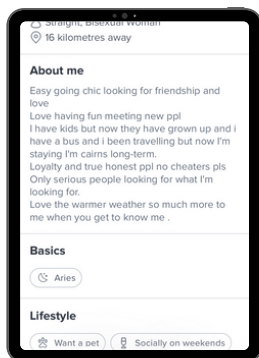
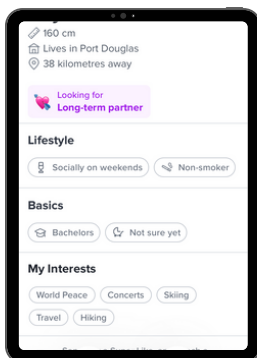
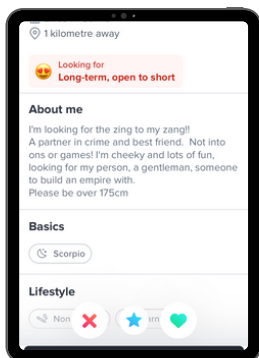
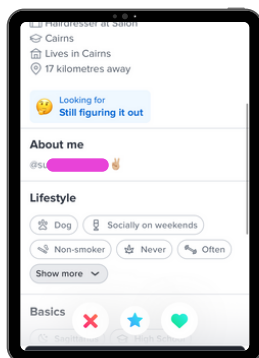
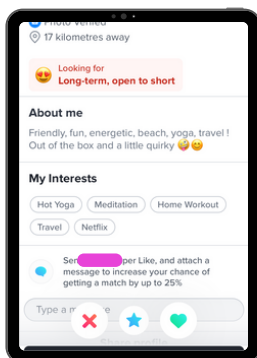
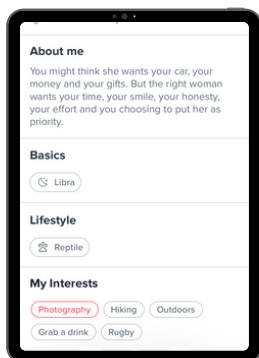
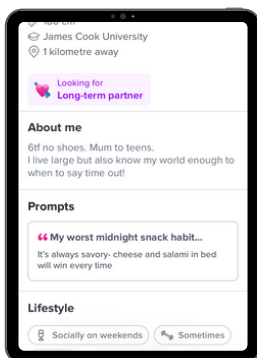
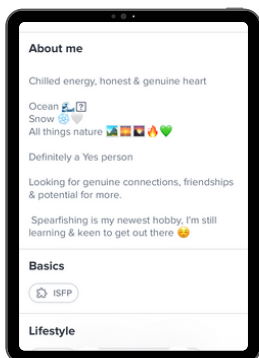
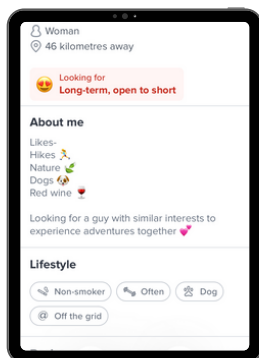
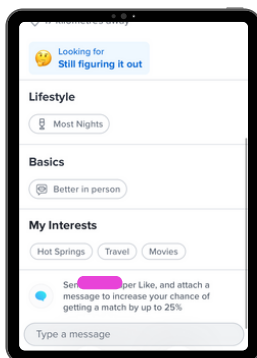
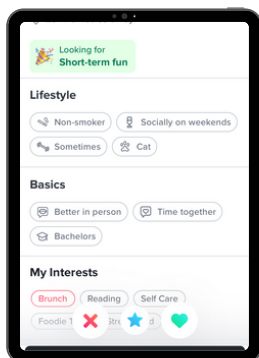
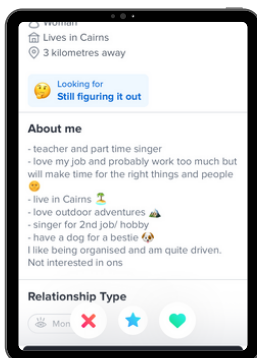
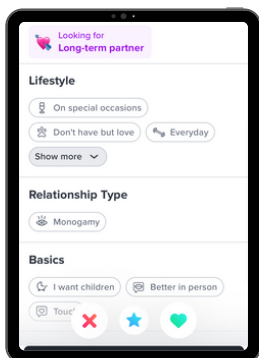
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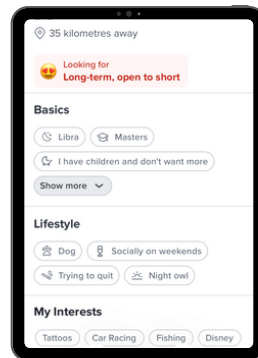
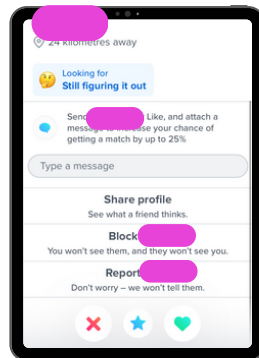
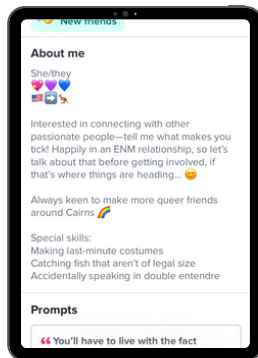
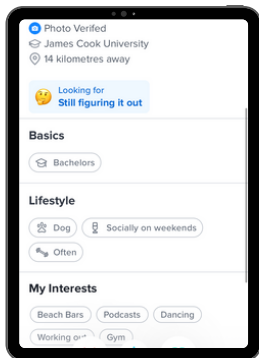
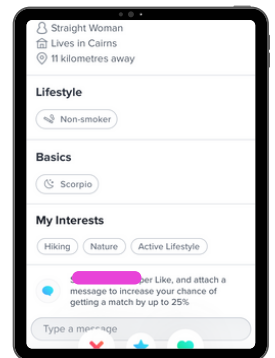
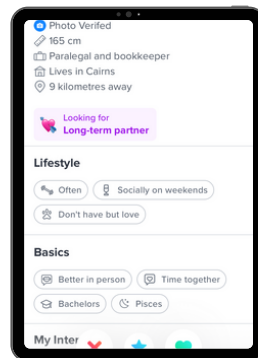
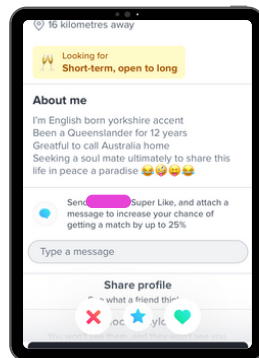
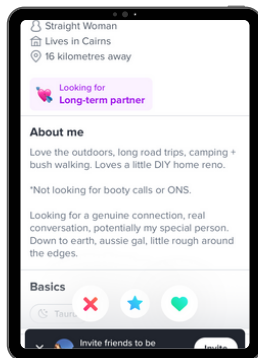
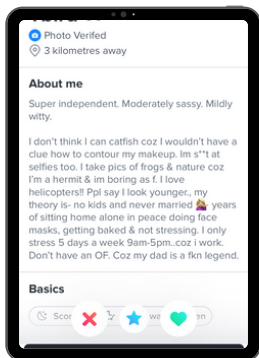
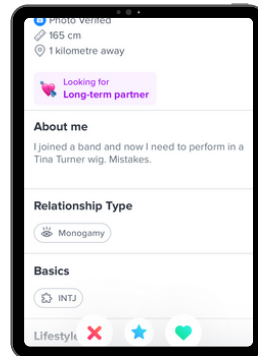
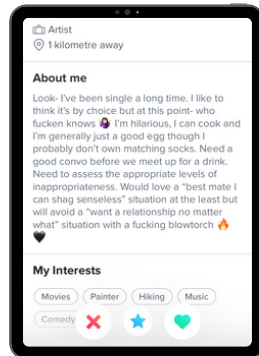
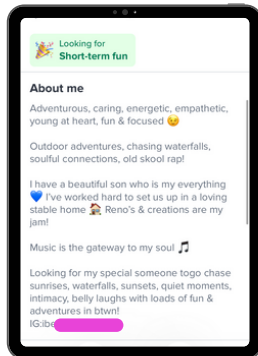
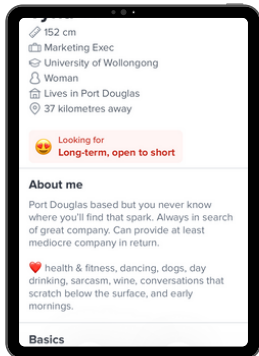
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LOVE QUEST BIO / ABOUT ME

Most people don't know how to write about themselves (eg write a good online dating profile).

A bare dating profile leads to the experience of **boring introductions** and possible **interview style conversations** as people try to learn your basic information.

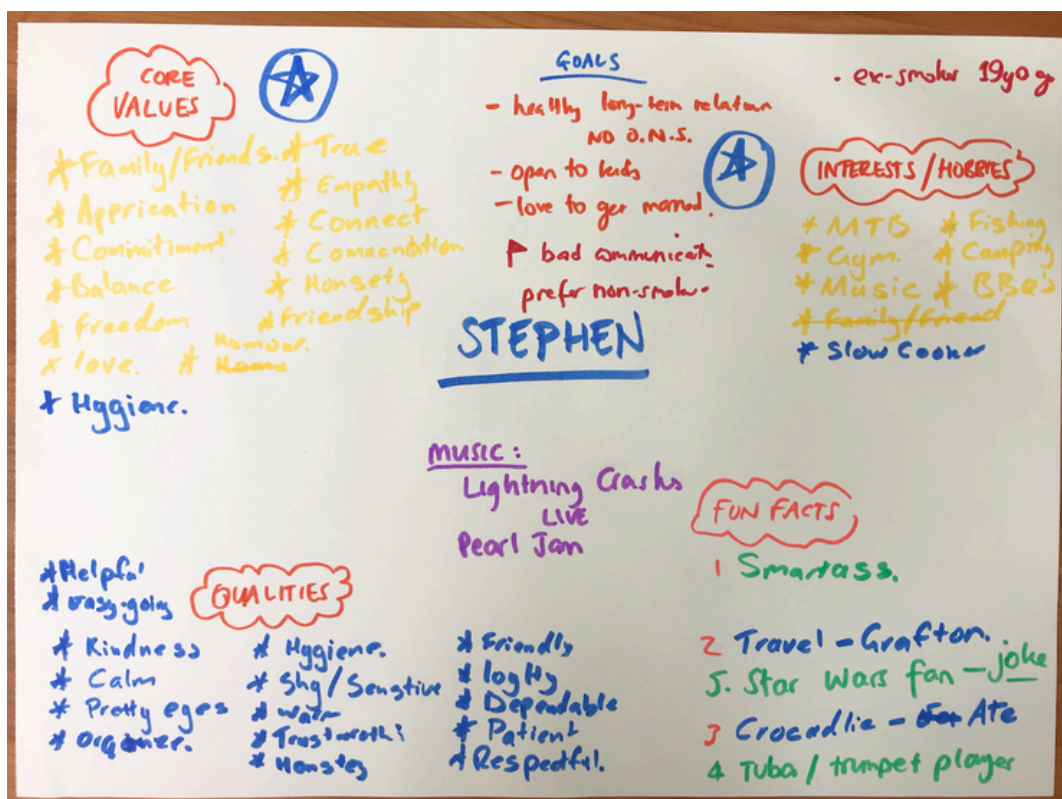
Use this activity to help generate an interesting and engaging "About Me" biography and profile to make it easier for people to chat with you in dating apps.

Refer to your poster that you created in Week Two.

You included headings such as:

- Values
- DISC / Relationships
- Love Language
- Aspirations / Interests /
- Hobbies / Passions
- Attractive Qualities
- Attachment Style
- Erotic Blueprint
- Achievements
- Strengths
- Fun Facts
- Favourite Music
- Relationship Goals
- Ref Flags

Example:



LOVE QUEST

A WINNING BIO

It's now time to write a winning bio which includes:

- Unusual or interesting content to prompt matches to ask non-standard 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 (unless there is a toggle to do this)
- Use positive language
- +/- What you do (career)
- Check spelling and grammar
- +/- emoji use to reflect your energy / emotions

Use the previous couple of pages to help draft your bio.

NERDY TIP 🧐

You can also enter your information (from the brainstorming activity) into ChatGPT (AI) and ask it to generate a dating app bio for you.

Give it instructions, like this:

"Use the information about me below to write a simple, dating bio. Don't say "Hello" or reference my name. Use a few emojis. Add a quirky question to increase engagement. Limit the number of characters used to 150. Here's my information (insert your notes from the brainstorming activity)"

Use the AI generated bio with caution.

I highly recommend editing it to sound more natural - as though a human wrote your bio. Separate sentences with a new paragraph (easier to read than a slab of text).

DRAFT:
