

DATING COMEBACK MASTER CLASS



PROFILE TEMPLATE

ART MCDERMOTT, CSCS CISSN



FROM THE *SUCCESSFUL AGING ACADEMY*



Dating Comeback Master Class

Profile Samples

Headline:

Goal – make them stop scrolling and read your profile. Try to be as original as possible.

- No negativity, clichés, sarcasm, or insults.
- Some apps don't have headlines so you can use the first line of your profile as a headline.
- It might be a great idea to set up a female profile on the site you prefer and scan the guy's profiles. Most are horrible, but you'll learn to avoid the mistakes they make.
- The overall length of your profile should be no more than 200-250 words. Maybe 300 if it's really entertaining.

Lines 1-3:

A humorous intro. Self-deprecating always works.

- What are you looking for?
- What kind of life do you lead?
- Make fun of your job,

"I don't live in my mom's basement and have all my teeth..."

"I'm an accountant...but promise never to speak of it again."

"I tried a career as a [bizarre job title], but it didn't work out. So today I [actual

job title]”

“My plans for world domination have been sidetracked by [some odd and unlikely event] so I’m relegated to [actual job]

But you should include some actual details about yourself.

Things to avoid: “easy-going, funny, outgoing, down to earth, drama-free”

These terms have no real meaning and everyone thinks this about themselves.

Next section:

Describe the character traits of who you’re looking for.

It’s tempting to load up on physical traits here.

Don’t!

Never say anything like “I prefer a little junk in the trunk”

NO PHYSICAL TRAITS.

You’re better off describing HOW you and your ideal person go about things.

“I’ve put in my time at the office and plan to spend 3-4 months of the year traveling. Does that fit into your world?”

“I’m truly passionate about [fill in that thing], so on any given Saturday, you’ll likely find me [doing what]. If this appeals to you, we’re off to a great start!

You could describe your ideal fantasy lifestyle with a dose of humor...

“I envision myself [some fun activity] in [your favorite vacation spot] while taunting my friend’s Facebook page with photos of my world/day.”

The classic example is fitness.

If you’re into fitness just say something like, “My health is very important to me. I’m a regular exerciser and I’m looking for the same.”

Things to avoid:

“No BBW’s!”

“I love me some big boobs!”

Again, listing physical traits or writing insults earns you the “Jerk” label instantly.

“If you’re a [political party insult], please pass me by.”

Are you seriously going to miss out on meeting your potential soulmate for politics?

This is a HUGE red flag, whether your beliefs line up or not.

We saw this a LOT during our research and it’s never endearing. Countless couples are very far apart on the political spectrum who are deeply in love. Personally, if I read anything political, I’m out.

Next section (can be blended into the above section for brevity):

Describe examples of how you back up your traits.

Show, don’t tell.

This can be where you pique the interest of the reader.

Are you a good cook? Describe your masterpiece.

Are you a skier? Describe the greatest run you’ve ever seen or your goal of getting there.

Are you a wine drinker? Describe the ideal setting and the wine that would complement the occasion.

“I’ll never forget the time I [powerful moment]. I had never seen anything like it. The burgundy was perfect as the sun slowly lowered over the Mediterranean”

“My ideal day is standing on top of [famous ski trail] and being the first one down the fresh powder.”

Other tactics:

Try engaging the reader:

- 1) “Here are 5 things about me. One of them is a lie. Can you guess which one?”
 - a. I was ranked in the top 100 in the US at chess
 - b. I competed at the Olympic Trials
 - c. I shook Burt Reynolds hand
 - d. I’m a published author
 - e. My only food allergy is mung bean

- 2) This is a fun way to nudge women to respond. Who’s NOT going to read that list?
You can use 2-3 of these if you like.

“Would you rather [appealing non-sexual activity] or [equally appealing non-sexual option]?”

“Would you rather spend a weekend in a mountain cabin or in a beach house along the ocean?”

If you chose [pick one], we need to chat.”

- 3) Instead of using a bland list, try showing them what you're about like this:
 - “I’m confident without being arrogant”
 - “I can put a sentence together, but not pretentious”
 - “I prefer boxers over briefs”
 - “I’m neat without being obsessive”

The list goes on and on.

The Wrap-up

Provide a logical next step...with confidence.

Remember, you’re not begging to meet anyone.

This is a mutual search.

“Did any of this click with you?

Great.

Let’s chat.

If we both determine the other would be spectacular company, a cup of coffee or a quick drink would be great.

Agreed?

Have a great week!

Art”

Something to that effect.

Always positive!

You’re not asking her to do anything weird.

**Asking someone to come over to your place for a first date sends a big red flag!
Don’t do it.**

That’s it.

You’re ready!

Now you have a well-written and original profile you can post on several sites if you wish.

Always remember...if you can get her to stop the scroll, that’s a successful step one.

Step two is getting the reply.

Once you’ve achieved that step, it’s time to apply the strategies in the next document which is called “Texting and Messaging Basics”.

You should read through this now so you’re ready when the time comes.

You've got this!