

# Meet A Mate Online

Master Internet Dating and meet your best love match available

## Lesson 2 Worksheet

How to take the best photographs for your profile



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# Meet A Mate Online – Worksheet

How to master internet dating to meet the love of your life

In this lesson, the goal is learn how

- To take compelling photos that will cause others to read your profile
- To take photos that will cause others to be interested in you
- To take photos that will cause others to want to contact you

## The most important part of your profile

The significant single most important factor for your success in online dating is your \_\_\_\_\_.

When you post your profile online, you only have \_\_\_\_\_ to \_\_\_\_\_ to capture their attention

First, you'll want to get a decent \_\_\_\_\_ camera or get a friend that has one to take your pictures.

## Tips for a great main photo

Wear colors that match your \_\_\_\_\_ and \_\_\_\_\_.

Men - do not post pictures of yourself with your \_\_\_\_\_ off.

For the women, studies show it helps to show some \_\_\_\_\_ and some \_\_\_\_\_.

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If the person looking at your photo doesn't like it, or of it's poor, out of focus or they can't tell you what you look like, they won't even \_\_\_\_\_ it.

The critical part of your main photo is having a \_\_\_\_\_ picture

More importantly, the \_\_\_\_\_ of your photos is probably as important as how attractive you are.

You will want to take some \_\_\_\_\_ body pictures, some from the \_\_\_\_\_ up, and some from the \_\_\_\_\_ up.

Whenever possible, you always want the camera with its \_\_\_\_\_ to the source of lighting.

Take some pictures \_\_\_\_\_, take some pictures \_\_\_\_\_

You may want to include props in the background that reflect your \_\_\_\_\_ or interests.

Whenever possible, you always want the camera with its back to the source of lighting.

Make sure it's clean, \_\_\_\_\_, \_\_\_\_\_ and inviting.

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## More tips for taking photos

Before you take a lot of photos – practice some poses in the \_\_\_\_\_.

Research also conclusively shows that the \_\_\_\_\_ side of your face is more attractive, because it shows more emotion.

If you're in a group shot, you want to make sure that \_\_\_\_\_ stand out in the picture.

The best time to take pictures is when you're feeling \_\_\_\_\_ and your mood is positive.

Relax your \_\_\_\_\_ when you smile, it comes across as more relaxed.

The camera should ideally be at \_\_\_\_\_ level or slightly above.

Right before the camera clicks, \_\_\_\_\_, it encourages your eyes to be alert

Experiment with pictures from different \_\_\_\_\_ and \_\_\_\_\_.

Take a \_\_\_\_\_ of yourself in several poses. This way, you can capture a \_\_\_\_\_ of the best photo

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## Posting Pictures

Make sure any pictures you post are of \_\_\_\_\_ quality.

Post a few pictures of you doing things that your \_\_\_\_\_ would want to be in.

If you are in a group photo, make sure you are the \_\_\_\_\_ of the picture and you aren't upstaged by anyone else.

You also don't want one with some \_\_\_\_\_ reference which has no \_\_\_\_\_ to anyone looking at your profile.

It's OK to crop group pictures, just make sure there aren't superfluous \_\_\_\_\_, arms or \_\_\_\_\_ showing that don't belong to anyone in the picture

It's recommended to post no more than \_\_\_\_\_ or \_\_\_\_\_ of your travels, hobbies, parties etc.

The last picture you post should be the most interesting one – the one that sets you apart from everyone else – the one that's a little \_\_\_\_\_.

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## Your main photo

This should be your \_\_\_\_\_ photo – the one that causes others to look at your profile.

Your main photo should be showing you wearing something \_\_\_\_\_. You don't want to appear too \_\_\_\_\_ or with too big a \_\_\_\_\_.

It should be a photo from the \_\_\_\_\_ up, well framed, well lit and in focus.

You should have a \_\_\_\_\_, relaxed smile – not too big.

Try to have \_\_\_\_\_ thoughts and get yourself aroused if possible before you take it.

You don't want a photo where your \_\_\_\_\_ is too shiny or where major blemishes show.

Post your photos on [www.ratemyphoto.com](http://www.ratemyphoto.com) or [www.hotornot.com](http://www.hotornot.com) for \_\_\_\_\_ opinions on which ones are best.

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## The Remaining Photos:

Your second, third and fourth photo can be a mix of \_\_\_\_\_, and \_\_\_\_\_ up photos wearing formal or casual attire.

Your fifth, sixth and seven can be of you with \_\_\_\_\_ or family having a good time, showing you at work, play or travel.

Your profile will have more \_\_\_\_\_ and appeal if you have fewer and better photos

Your \_\_\_\_\_ photo should be the really wacky, mysterious or interesting one

You will want to \_\_\_\_\_ photos around from time to time and add a new picture every week or two seeing which ones play best

## Additional Notes Below