

Meet A Mate Online

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

Lesson 5 Worksheet

How to create a magnificent, magnetic and mysterious dating profile bio



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In this lesson, our goal is to create a profile that

- To cause fascination, attraction and interest in you
- To write mysterious, intriguing paragraphs that make others write you for more information or clarification
- To make it as easy as possible for others to ask you questions about yourself, or comment on something funny you wrote.

Your Personal Bio

Your personal bio is the _____ of your presentation.

the bio is what gives your profile _____.

Think about the emotions, mystery and intrigue a good _____
_____ creates.

Within these 4 to 8 paragraphs, you have to condense the _____ of who you are

It's also very important to inject _____ and playfulness.

The best way to craft a great bio is to use a program like “Word”, “Google Docs” or “WordPerfect” to draft it on so it checks your _____, punctuation and

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4 Part Formula

Part 1 – Start with a great opening line or paragraph

1. You must start with an _____ or paragraph that grabs the reader's attention

2. Show (in words) a few brief stories about yourself and what you like to do in _____ to _____ paragraphs

3. Show (in words) what type of _____ you're looking for and what you don't want in 1 to 2 paragraphs

4. End with humor and a _____ in the final paragraph

Part 2 - Here are a few questions to ask yourself:

- List the 3 biggest accomplishments of your life
- List the 3 funniest things that ever happened to you
- List the 3 most embarrassing things that ever happened to you
- List the 3 most memorable incidents of your life
- If money wasn't an object, describe how you would live the next year of your life.

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- List any 3 living people in the world you would like to have dinner with
- List any 3 dead historic people in the world you would like to have dinner or go on vacation with
- If a movie was made about your life, what would the title be and what actor would play you?

Part 3 -You should also write a paragraph or two describing your likes and dislikes:

- What characteristics do you look for in a partner?
- What was the last movie you watched or book you read?
- What are your 3 all time favorite movies?
- List the 3 most favorite things you like to do in life
- What is the one job in the world that you would love to do?
- What are your 3 favorite quotes from a movie, person or song?

Part 4 – End with some sort of Humor and a call to action

- Write a line about what you would do if you won the lottery
- Bring some humor to it
- After you tell a brief story, Google jokes or quotes about the theme of the story, and weave it into the paragraph

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- Ask the reader to write you if they need clarification about a story you've told
- Have fun with it – be playful and don't take yourself too seriously
- You will attract what you put out
- Be concise, it's like speed dating - You have a short window to showcase yourself
- Show, don't tell – don't say I love to travel, say one of my best trips was to Machu Pichu when I.....
- Check out other profiles to spark ideas
- Spell check and always proofread it

Here are some definite “don'ts”

- Brag about yourself
- Use overworked clichés like, “I love to laugh” , “I love walks on the beach” or “I'm as comfortable in jeans as in a dress”
- Be overly sexual
- Be Condescending
- Whine or complain
- Don't talk about sex in the profile
- Talk about politics, religion or ex's

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- Curse or use crude language

Additional Notes Below

