

# Meet A Mate Online

Master Internet Dating and meet your best love match available

## Lesson 9 EBook

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How to plan a successful first encounter by making a fabulous first impression



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## Lesson 9

### How to plan a successful first encounter by making a fabulous first impression

I've saved the best for last – and in this lesson, I'll be sharing some of my best information that will help you to prepare to have a fun, playful, and interesting first date. By being prepared, it will remove your nervousness and give you the confidence of being your best self. I'll show you how

1. To learn how to make the best first impression possible
2. To learn what you should wear, how to wear it
3. How to use the proper body language
4. How to flirt with your eyes, hands, feet etc.
5. Learn what to talk about and keep the conversation interesting
6. How to create attraction and establish rapport

In this chapter, you're going to learn the importance of the first impression you make when you first meet a potential lover, because each following impression we make can be interpreted and magnified in a positive or negative way, depending upon your first impression.

It's also extremely important to realize that others, especially women, are extremely sensitive to reading every **micro** expression on your face and every micro movement we make. This recognition is experienced and processed at the deepest levels of our subconscious minds, and we all have a tendency to instinctively react and respond to the **vibes** we experience from others.

If you are calm and assertive, others will tend to follow your lead. You can actually **shape** others behavior and get them to react like you expect them to by modeling the behavior you wish to

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represent yourself. On the other hand, if you are nervous and submissive, whoever you are meeting will be much more likely to want to avoid you or take advantage of you.

I'm going to show you how to make the best first impression possible when you first meet someone or when you go on your first date by following this 12 step program I'm about to introduce. Dr. Joyce Brothers says a good first impression can make people think we are even better than we are.

*"If you are given the responsibility of rating someone on their intelligence or ability, and the first time you meet them they impress you positively, you are likely to rate them high in other positive traits that may not be related at all to that first impression. You are likely to give them credit for being more efficient, kind and courageous, than if your first impression had been poor."*

There are many ways you can make a good impression, and probably the most important is your **reputation**. In essence, your reputation is a first impression, and your reputation is likely to shape others' opinion of you even if it is not true.

We are primed to see a person as living up to his or her reputation, just as we are ready to laugh at a comedian even before he says something funny. For example, merely by looking at someone like Larry the Cable Guy or Chris Rock makes you want to crack up even before they open their mouth.

Of course, it is not always possible or very easy to prime the person you are trying to impress with all of your outstanding qualities, but in certain circumstances like a blind date or party, it can be done. If you properly bantered and flirted in your e-mails, your **online** communication prior to this meeting is one way to prepare your date for what is to come.

If I was to summarize and condense the elements of attraction in the fewest words – what I am about to share with you is probably the most important part of this book or any book on increasing your desirability and attraction to others. These steps are the culmination of literally dozens of books from the best of the best on this topic alone.

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If you want to create attraction and be successful with your date or with other singles and if you don't want to come across as boring, needy or desperate – you need to make a first good impression.

A great example of this is demonstrated in an old Saturday Night Live skit entitled [“Slide Whistle Dates”](#) with Steve Martin and Victoria Jackson. In this parody, the answers to certain questions during the date cause the sound of the slide whistle to go up or down, depending on the responses that are given.

It's a perfect demonstration of how your date is going to respond to your conversation and how you present yourself. Pay close attention to these very important principles below if you want to make a great first impression – and continue to practice them until you've successfully incorporated them into your own personality and style; especially when you first meet.

I realize that some of you whose self confidence is low and your experience in this area is limited, it may seem a little unnatural at first – but if you ever want to be successful and attractive to singles, you will have to step out of your comfort zone and practice being the humorous, charming playful companion.

You will want to meet them with the intention of amusing yourself by having fun, flirtatious and playful teasing of each other. We are attracted to others who like and enjoy themselves. Do not focus on trying to interview or impress them; or worry about what they are thinking of you.

**1. TRY AND SELECT THE RIGHT ATMOSPHERE** - studies have shown that when a person is excited or likes what they see, their pupils get larger and it serves to enhance your appearance and give you a sensuous, loving look.

If possible, try and arrange encounters in dimly lit rooms such as softly lit rooms or candlelight dinners. It will also make your complexion seem a lot smoother and your features more attractive.

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Try and select a place that is conducive to a good **conversation**. It is difficult to carry on a good conversation in a noisy nightclub where there's a lot of noise or a movie theater where you're expected to be quiet throughout the movie.

Another good idea for first encounters or dates are someplace where there's lots of visual **stimuli** – a date at the street fair or ocean boardwalk where there are booths with unique novelty items, street performers, musicians and lots of strange people to comment on. There are so many built in conversations happening everywhere at these types of places that you will never be at a loss for things to talk about.

**2. DRESS RIGHT TO THE OCCASION** - your personality is revealed by the **clothes** you wear, so you should dress in a way that makes you feel comfortable. It is important to feel comfortable with your attire because the way you feel about what you are wearing has a definite bearing on how you behave.

Labels and brand names are not nearly as important as how the clothes **fit** you. In fact, wearing clothes that bear too many logos detract from your individuality. You don't need to spend a fortune on trendy clothes – just make sure they are clean, not wrinkled and most importantly – they fit well.

If it's someplace real casual and you're a jeans and t-shirt kind of person – then that's OK. If it's someplace nicer, then you need to dress appropriately. Your clothes speak for you even before you open your mouth.

You want to wear colors that match or go well with your **skin** and hair color. If you have blonde hair, blue eyes and fair skin – light to dark blues and beige go well. If you have dark hair, eyes and skin – then you want to go with beige, olive or khaki colored.

Black or white colors go well with anyone. In fact, if you want to look thinner, go with black. If you're heavy – don't wear horizontal stripes. Don't mix stripes and **plaids** – when you go shopping for clothes – ask a seasoned salesperson what's right for you.

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**3. GIVE YOURSELF A PEP TALK** - This should be the first thing you do – It never ceases to amaze me how well this technique always works to give you that edge when you want to be your best.

You can significantly build your confidence by looking in the mirror and going over the five C's I mentioned in the first chapter. Tell yourself, IT'S SHOWTIME! Slap your cheeks a few times to give them color. You really have to try it –You'll make yourself crack up, it will give color to your cheeks, and it's so amazing because it really works!

Another very useful suggestion is prior to the date or encounter, to close your eyes and actually see in your mind how you want the date to turn out. Picture in your mind ahead of time that you are going to have a lot of fun. Imagine that you are going to be making lots of confident and seductive eye contact, and that you are going to have a fun and exciting encounter.

**4. BE PROMPT**- A few minutes late might be acceptable, but it is extremely discourteous to be too late and it is a way of telling your date that their time is not very important. When you are prompt, this tells a potential partner you are responsible, reliable and dependable.

Being early means you can choose the best place in the location. You don't want to be too early either – that shows desperation. Personally, I think it's better to be a few minutes early than late – It's better to be respectful and courteous than appear to be too eager.

Number 5 is continued in Lesson 10